You say potato, I say lasagna

Layer sliced potatoes instead of noodles with traditional ingredients for a family-pleasing take on the classic dish PAGE 21

MUSICAL CHAIR

NICKI MINAJ IS THE LATEST DIVA SLATED TO TAKE A SEAT AT THE AMERICAN IDOL JUDGES' TABLE PAGE 19

VANCOUVER metro®

Tuesday, August 21, 2012

News worth sharing.

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Keefer Bar star's balanced cocktail wows the judges

MadeWithLove. 12 mixologists competed to get to Halifax for nationals in October

KATE WEBB
kate.webb@metronews.ca

A drink invented moments before a frantic race through Chinatown to collect $30 worth of ingredients in 40 minutes proved to have a big payoff for the Keefer Bar's Keenan Hood Monday night.

Unpredicted Season — an exotic concoction made with Hornitos Tequila, lemon juice, salted plum and anise-and-chrysanthemum-infused syrup, topped with egg white — won first place in the Judge's Choice category at Vancouver's second-annual MadeWithLove bartending competition. The same drink won the Vancouver preliminaries in June, held after the Chinatown market race at the Keefer Bar. "Basically, I just wanted to make a balanced cocktail with some cool ingredients that are new to people just to give a little wow factor to it," Hood said Monday night. "You have your spirit, your citrus and your sweetener and if you can use those concepts and you have a balanced cocktail then you should do just fine."

The ticketed competition brought together 12 of the city's most refined mixologists, all vying for a chance to win an all-expenses-paid trip to Halifax to showcase their talents at the MadeWithLove nationals in October.

Past winners of the nationals have gone on to the international circuit, including the renowned GQ Magazine/Bombay Sapphire Most Inspired Bartender Contest in Las Vegas.

The winner of Vancouver's People's Choice award was not announced by Metro's deadline, but will also head to Halifax in October.

Brendan Brewster from Fiamo Italian Kitchen hands a strawberry-infused Campari cocktail called Fragola Milano to Kelly Marion during the Made With Love bartending competition at The Roundhouse Monday night. The drink — topped with a mascarpone and kaffir lime foam — earned him third place in the Judge's Choice category. KATE WEBB/METRO

A free space for seniors

An 81-year-old former social worker is calling for a senior's centre to be included in the redevelopment of the Plaza of Nations PAGE 3

Now women can tee off too

After 80 years in business, Augusta National Golf Club allows women to become members — Condoleezza Rice and Darla Moore being the first PAGE 30

An apology worth $100

BoC apologizes for image of Asian woman being removed from $100 banknote PAGE 16

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North Van. Homicide team probing body

The Integrated Homicide Investigation Team has taken over the investigation of a body found in a wooded area in North Vancouver over the weekend.

IHIT Sgt. Jennifer Pound said further testing will be needed to determine the cause of death and how long the body was there, but it appears the person was a victim of foul play. Due to the state of decomposition, she said it could take some time to identify the body.

"There are many unanswered questions in these early stages and much of the details of the findings can't be released at this time as we are pursuing this as a homicide investigation," Pound said in a release.

A local resident called police on Saturday evening after finding the body off a gravel foot trail near the 2000 block of Curling Road.

Pound are examining the scene and canvassing the neighbourhood for witnesses. A foot trail from Belle Isle Place to Curling Road will be closed for the next couple of days.

Anyone with any information is asked to contact IHIT at 1-877-551-4448 or by email at ihittipline@rcmp-grc.gc.ca.

PHYLICIA TORREVILLAS/METRO

Provincial politics

Barisoff retiring

Liberal MLA Bill Barisoff has ended months of speculation about his political future by announcing he won't seek re-election in 2013. Barisoff, 63, was first elected in 1996 as an opposition Liberal. He was re-elected three times and has served as house speaker since 2005. THE CANADIAN PRESS

Rides bus home

Hiker survives canyon fall

A hiker who plunged down a nearly 46-metre embankment and landed on the shore of the Capilano River miraculously survived — and then rode the bus home with his girlfriend, police say. RCMP Corp. Richard De Jong says the 24-year-old man was hiking along the canyon's edge on Saturday when he slipped and slid down to a rocky alcove. Firefighters and a rescue unit used a special board to transport him to safety. THE CANADIAN PRESS

Albert Choi stands outside the Yaletown-Roundhouse Canada Line station on Monday, collecting signatures for a petition asking the city to include a seniors' centre in a proposed redevelopment of the Plaza of Nations. PHYLICIA TORREVILLAS/METRO

One man's crusade for seniors' centre

Plaza of Nations site. Volunteer cites urgent need for centre because of growing population of seniors in Yaletown

PHYLICIA TORREVILLAS
phylicia.torrevillas@metronews.ca

That's Albert Choi's voice you've been hearing every weekday morning when you exit the Yaletown-Roundhouse station.

Choi, 81, a former social worker, has been convincing transit riders and pedestrians to sign a petition asking the City of Vancouver to incorporate a seniors' centre in a proposed redevelopment of the old Expo '86 grounds and the Plaza of Nations.

The proposal includes a daycare centre, community centre, housing and a practice ice rink for the Vancouver Canucks.

"The ideal senior centre should be manned by volunteers," Choi said on Monday. "The city should provide a space for the centre and it should be free for seniors to enjoy."

He said there is an urgent need for the centre because of the growing number of seniors in the Yaletown and downtown areas.

Choi, who has been a volunteer at the Roundhouse Community Centre since 1997, already has 3,000 signatures since he started gathering them at the beginning of the month.

His goal is to reach 5,000 and then to present it in a council meeting.

"Some are really supportive, but some of them say that people shouldn't be getting something free of charge," he said. "Maybe they don't understand that quite a lot of seniors are living in the bottom-line income and have a hard time making ends meet."

He said he's spoken to many seniors in the neighbourhood who want to take ballroom dancing lessons or woodworking courses, but can't afford the fees.

Follow Phylicia Torrevillas on Twitter @ptorrevillas

Highway rollover. Prognosis good for family injured in crash

A family of five are expected to survive after a violent car crash sent them all to hospital with life-threatening injuries.

Salmon Arm RCMP say the family, from Calgary, were on route to Vancouver when their 2012 Acura left Highway 1 near Blind Bay on Saturday at about 5:30 a.m.

The SUV rolled over and a 14-year-old boy and an eight-year-old girl were ejected from the vehicle. They were found unconscious at the scene.

The children's mother, father and 16-year-old sister were also seriously injured.

Police said Monday that, while the injuries are serious, all five are expected to survive.

An RCMP investigation suggests fatigue may have been a factor and some of the family members were not wearing seatbelts.

No other vehicles were involved in the crash.

Friends of the family were following behind in another vehicle, but police couldn't confirm they were the ones who called 911.

ELIZABETH HAMES/FOR METRO

President of chiefs. Vancouver's top cop has a new title

Chu
METRO FILE

Chief Jim Chu was appointed president of the Canadian Association of Chiefs of Police (CACP) on Monday at the chiefs' annual conference in Sydney, N.S.

Over the next two years, Chu said, he will work to make CACP a leading voice on public-safety issues facing Canadians.

"For example, we just passed a resolution calling for legislation to block the airwaves of stolen cellular telephones, and we are convening a national summit discussion on the economics and sustainability of policing," Chu said in an email.

He added he is confident the work he does on a national scale will benefit Vancouver.

Chu joined the Vancouver Police Department in 1979 and has served as Chief Constable since August 2007.

As incoming CACP president, he replaces Chief Dale McFee of the Prince Albert Police Service.

ELIZABETH HAMES/FOR METRO

Mobile news

Helvetica is bold and in your face; Arial is as cool as a cucumber. Scan the code to check out one blogger's take on the personalities of fonts.

Home invasion

Mistaken identity

A 30-year-old woman who suffered serious injuries during a home invasion in Nanaimo Saturday was not the intended victim.

RCMP Sgt. Sheryl Armstrong says police believe the three suspects went to the wrong address, where they also attacked the building's caretaker.

Three men in their 20s were scheduled to make a court appearance Monday. THE CANADIAN PRESS

Vehicles impounded

Speeding bikers

A group of out-of-province motorcyclists have learned the hard way that there's a hefty price for speeding on B.C. highways.

Police say six of seven bikers pulled over on Highway Five in Barriere on the weekend were travelling more than 40 kilometres over the posted limit.

The motorcyclists from Saskatchewan and Alberta will have to find another way home after their bikes were impounded and they were handed speeding fines. THE CANADIAN PRESS

Four people charged

iPad leads police to stolen goods

A $10,000 violin is among the stash of stolen goods that Victoria police have recovered — thanks to a tourist who tracked her iPad through an app.

The violin dates back to 1939 and was taken from the car of an 80-year-old woman earlier this month.

Four people have been charged with possession of stolen property as the investigation continues. THE CANADIAN PRESS

Crews preparing

Fire season sparks to life

Lightning in the forecast for several parts of B.C. has fire officials expecting an increase in new wildfires during what has been a below-average year.

A severe thunderstorm watch is in effect for a large swath of the province, from the Okanagan to as far north as Prince George. Lightning caused more than four dozen new blazes between Sunday and Monday. THE CANADIAN PRESS

Punish clinics over double billing: Public-health-care advocates

Rally. Protesters urge commission to seek injunction to stop extra billing, force clinics to refund charges

Drs. Bob Woollard and Vanessa Brcic of Canadian Doctors for Medicare led a rally outside the Cambie Surgery Centre on Monday to protest extra billing practices. ELIZABETH HAMES/FOR METRO

A group of doctors who oppose the billing practices of private clinics rallied outside the Cambie Surgery Centre on Monday.

Public-health-care advocates and members of Canadian Doctors for Medicare demanded the Medical Services Commission (MSC) of B.C. enforce an order it gave to the Cambie Surgery Centre and the Specialist Referral Centre to stop extra billing.

In July, an MSC audit found the clinics had collected nearly $500,000 in extra billing. About $66,000 of that came from double billing, a practice that sees clinics charge the patient as well as the province's Medical Services Plan.

MSC gave the clinics 30 days to stop the practices, which protesters say are a violation of the Canada Health Act.

The deadline came and went on Friday without any action being taken by either the MSC or the clinics.

Proponents of the private clinics have suggested they help people get timely health care.

But Dr. Vanessa Brcic, an executive member of Canadian Doctors for Medicare, strongly disagrees.

"If you want to siphon doctors and nurses out of the system to deliver care in places like this that are exclusive to only the wealthiest few," she said, pointing to the Cambie Surgery Centre, "then everyone else is going to be waiting longer."

Brcic said governments should also be enforcing the law, adding that under the Canada Health Act, the federal government could withhold $1 in transfer payments for every dollar collected through direct patient charges.

ELIZABETH HAMES/FOR METRO

Anderson Lake. Cliff jumper's body recovered

Friends and family are mourning the loss of a 26-year-old man killed after cliff diving near Whistler on Friday.

Police have not yet released the name of the victim, but words of encouragement and support have poured in on a Facebook post that appears to have been made by the victim's younger brother.

"The world is a better place with you in it," the victim's brother wrote Sunday on his Facebook status. "Love this man. My older brother and my friend."

The victim worked as an operations manager for an adventure travel company. According to his bio on the company's website, he had travelled to Thailand, New Zealand and Hawaii.

Whistler Pemberton RCMP recovered the victim's body, which was around 20 metres underwater, on Sunday.

Police said the victim had been boating on the east shore of Anderson Lake Friday with five companions. According to witnesses, he climbed the cliff and jumped off from a height of 50 metres into the lake, something he did regularly in other spots. PHYLICIA TORREVILLAS/METRO

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Sharing cultural ties and advice helps foreign students succeed

When international student Jessica Li arrived from China to study commerce at the University of British Columbia, she felt at ease in her peaceful new environment. "I guess I can adapt quickly, since I transferred schools three times when I was a child, and I studied alone in England at age 11," reflects Jessica, who readily settled into Canadian student life.

But Jessica does recall one decision she wished she made differently during her first days in Canada: "I thought that any nearby bank would do, so I opened an account without shopping around." She realized her error later, when she applied for a secured credit card at her bank and waited two months before discovering they had lost her security deposit.

Disappointed by that experience, Jessica turned to Scotiabank and its on-campus UBC Branch, where she was impressed by their advice-based approach to students, including the service offered by Henry Yeh, a Personal Banking Officer. "We talked like friends, since we shared an Asian background and he didn't pressure me with products," says Jessica, describing their half English/half Chinese conversation.

Henry took time to describe the ***Scotiabank StartRight***® Program[1] for International Students, which includes worry-free banking solutions for persons studying in Canada. For Jessica, the *Student Banking Advantage*® Plan[2] with unlimited debit transactions, and a *Scotia*® U.S. Dollar Daily Interest Account[3] were appealing, as well as a unsecured credit card[4], especially after her long wait at her previous bank. Jessica now knows that international students can actually apply for a Canadian account in China through China Everbright Bank, or through select Scotiabank branches in India and Mexico before coming to Canada, to simplify the arrival process.

With her finances in order, Jessica tackled her next challenge: how to help local international students, as well Canadian-born Chinese students, leverage their studies to build trans-Pacific career opportunities. Her solution: she co-founded a campus BizChina Club to help students network and meet business leaders on both continents.

With guest speakers who help the club's 85 members learn about opportunities in Canada and China, the group also hosts an annual competition in which four-person teams solve business case scenarios. Jessica even enlisted Scotiabank's Henry Yeh to serve on the judging panel.

After two years in Canada, Jessica has solid advice for others: "International students should get involved in more campus activities. That means exploring the different clubs and finding which ones interest you and could help you later." She offers the same counsel regarding banks, adding that, "I didn't compare banks, but you should do your research into the kind of service they offer and pay attention to how they communicate with you."

By finding friends and allies in Canada – including her banker – who share cultural links, and a willingness to support each other, Jessica is optimistic about the future: "You can take charge and create your own connections to help build your future in Canada, China or anywhere you go."

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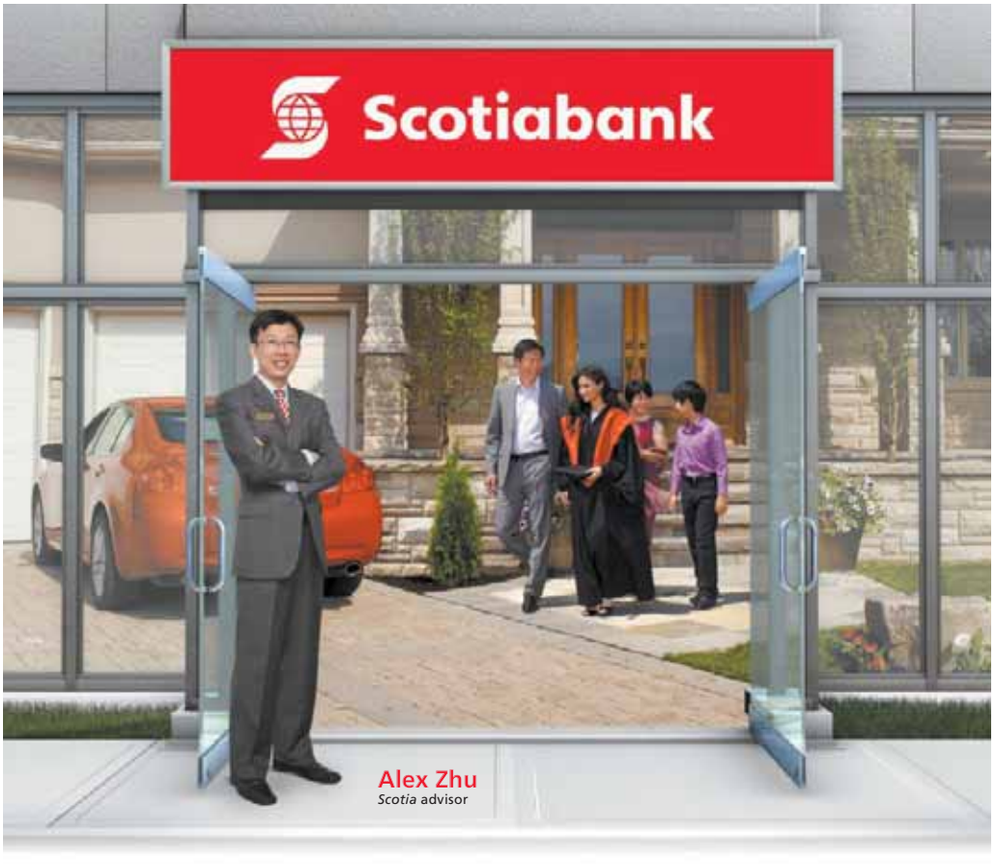
International student Jessica Li shares her experience, and advice from the Scotiabank UBC Branch, to help other newcomers succeed with their Canadian finances and futures.



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Canada's future lies in North, says Harper

Annual Arctic sojourn. PM kicks off northern tour with bullish vision of taking advantage of region's oil, gas and mineral resources

Prime Minister Stephen Harper and his wife, Laureen, pet a husky dog as they tour Caribou Crossing, Yukon, on Monday. ADRIAN WYLD/THE CANADIAN PRESS

Prime Minister Stephen Harper says Canada's future lies in the exploitation of the nation's northern resource riches, branding it as a "great national dream."

Harper kicked off his annual tour of Northern Canada Monday with a bullish vision that sees the country's prosperity fuelled by untapped Arctic resources.

"Those who want to see the future of this country should look north," he told a gathering of Tory supporters.

"Because that great national dream — the development of northern resources — no longer sleeps. It is not down the road. It is happening now. The North's time has come, my friends, and you ain't seen nothing yet."

Harper made the comments even as controversy flares on another resource front — the plan to pipe Alberta oil over sensitive British Columbia lands to the Pacific coast and on to Asian markets.

But the turbulence bubbling in the West over the pipeline hasn't dampened Harper's view that Canada's future fortunes lie in exploiting oil, gas and mineral resources.

Harper said mineral exploration is already reaching unprecedented levels across the North, with some 30 new projects to be developed over the next decade.

And he said the world — with an appetite for resources — seems ready-made for Canada. TORSTAR NEWS SERVICE

Unpaid fines. Feds looking to recoup more than $137 million

The federal government is looking to hire a collection agency to recoup millions of dollars in unpaid fines.

A letter of interest posted on a government contracting website shows 22,313 people owed close to $129 million in unpaid fines as of March 31, 2011. The government said Monday that as of July 31, that number has since risen to more than $137 million.

"Specific services of PPSC are required to collect outstanding federal fines owed to Canada, including Criminal Code fines, surcharges and court costs ordered with the federal fine at sentencing. This includes legal costs where applicable, using appropriate collection methods," the document says.

The Atlantic provinces had the most outstanding accounts, with 6,618, followed by Alberta with 4,129 and Quebec with 3,132.

Before 1996, the Criminal Code called for people to automatically be sent to jail for not paying fines, according to a PPSC spokesman. But changes to the code ended that practice.

The National Fine Recovery Program started in 2002 to collect money from people convicted of crimes under federal law. The program is administered by the Public Prosecution Service of Canada.

There are small fine-recovery teams in eight cities: Vancouver, Edmonton, Saskatoon, Winnipeg, Toronto, Ottawa, Montreal and Halifax.

The program employs about 19 paralegals and clerks as well as part-time prosecutors, the document says. But funding for the program ends next March. THE CANADIAN PRESS

Debt collection

In 2010-11, the report says, debt collectors recovered just $5 million — down 15 per cent from the previous year.

- Nearly all fines collected were in the $5,000 range, and the government closed 1,600 case files.
- Around 150 people were jailed between April 2010 and March 2011 for refusing to pay their fines, the annual report notes.

Pussy Riot. Baird soft-pedals on sentencing of Russian punk band

The one thing John Baird has rarely done in his 15 months as Canada's top diplomat is sow doubt about where he stands on an issue.

Canada's usually outspoken foreign affairs minister stepped out of character Monday with a low-key response to last week's sentencing of Russian punk band Pussy Riot, which has sparked condemnation worldwide.

Three members of the punk band were sentenced to two years in prison on hooliganism charges for singing a song in Moscow's largest church that criticized President Vladimir Putin. Their trial has been globally denounced as an example of Russia's growing decline in tolerating dissent.

At an event on another topic Monday, Baird spoke cautiously, without naming the band, or the country, when asked about the case.

"Obviously, there's, I think, widespread concern that this was perhaps too much and that there were perhaps political considerations. We support around the world independent judiciaries, and we certainly take note of what's happened," he said. THE CANADIAN PRESS

A supporter of the Russian female punk band Pussy Riot. MICHELLE SIU/THE ASSOCIATED PRESS

Global response

- Key Canadian allies, including the United States, Britain and the European Union, have taken a much tougher stand. They all denounced the sentence as "disproportionate" and questioned Russia's commitment to freedom.

Slain officer remembered

A family member carries the ashes of slain peace officer Rod Lazenby during his funeral in Edmonton on Monday. Lazenby was killed when he responded to a complaint at a dog breeder's property near Priddis, Alta. Trevor Kloschinsky, 46, is charged with first-degree murder.

JASON FRANSON/THE CANADIAN PRESS

Body-parts case. Police believe they're close to identifying victim

Police are linking several body parts found in east Toronto to a woman's head, foot and a pair of hands discovered in a river west of the city — and investigators believe they're close to determining her identity.

A thigh, two calves and an arm were found Saturday and Sunday in West Highland Creek in east-end Toronto, Peel Regional Police said Monday. They believe it's likely connected to gruesome findings in the Credit River in Mississauga, Ont., which is about 45 kilometres away.

"Investigators are convinced that there are obvious similarities," Sgt. Pete Brandwood said Monday.

Police are waiting for forensic test results to confirm their suspicions that all of the body parts belonged to the same person. In the meantime, investigators are poring over missing-persons reports from both Toronto and Peel region to try to determine the identity, Brandwood said.

"I think we're pretty close to finding out who the victim is," he said. "We've pretty much isolated and narrowed down who it can possibly be, so I don't think there's any immediate scare to any family members who all of a sudden haven't seen their mother or daughter." THE CANADIAN PRESS

Nude photos

Lawyer wants limits for inquiry

Another battle has erupted over an inquiry into a Manitoba judge whose nude photos are on the Internet.

The independent lawyer leading the inquiry, Guy Pratte, is asking the Federal Court of Canada to limit the actions of another lawyer involved with the hearing, George Macintosh.

Macintosh has cross-examined witnesses on behalf of the five-member panel hearing the inquiry and Pratte says the panel should remain neutral and not "enter the fray." THE CANADIAN PRESS

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Astronauts shield space station from oncoming junk

Spacewalk. Even a tiny piece of space debris can inflict damage

In this still image made from video provided by NASA, a Russian cosmonaut installs shields to improve the safety of his orbiting home on Monday.
THE ASSOCIATED PRESS PHOTO/NASA

Spacewalking astronauts improved the safety of their orbiting home Monday by installing shields to protect against zooming pieces of junk.

Gennady Padalka and Yuri Malenchenko hung the panels on the Russian side of the International Space Station, after moving a bulky crane and tossing overboard a small spherical satellite.

The Russian spacewalking powerhouse — the two have 14 spacewalks between them — kept going even after Mission Control in Moscow advised them to take a break three and a half hours into their six-hour excursion.

They surged ahead despite a late start to Monday's spacewalk, the first at the space station in six months.

A leaky valve somewhere on the Russian side forced the crew to reopen the air lock and check the seals to ensure a tight fit, before Padalka and Malenchenko could go out.

Padalka assured flight controllers they were in no rush, but admitted it was "kind of boring" to wait an extra hour.

Armour is needed to reinforce the Russian segment, which unlike the U.S. compartments, arrived without the proper protection already in place. THE ASSOCIATED PRESS

Young woman's large victory

Annaleise Carr, 14, is greeted by her family after facing a large gathering of media and supporters at a press conference in Port Dover, Ont., Monday afternoon. On Sunday night, Carr became the youngest swimmer to cross Lake Ontario. She raised over $100,000 for charity in the process. LUCAS OLENIUK/TORSTAR NEWS SERVICE

Coca-Cola worried about Ottawa Public Health campaign

A handful of Ottawa-area Coca-Cola managers wrote letters to Mayor Jim Watson expressing their "concern" over an Ottawa Public Health plan to launch a social-media campaign about sugar-sweetened beverages and reminding him of the company's economic contributions to the region.

"On behalf of Coca-Cola Refreshments Canada, I am very concerned that Ottawa Public Health is considering advertisements targeting the beverage industry, with a particular focus on sugar sweetened beverages," wrote Russell Coburn, distribution centre manager for Ottawa/Outaouais. The mayor received identical letters from other Coca-Cola managers.

Ottawa Public Health's Healthy Eating and Active Living Strategy, which includes a "social media campaign on health effects of consuming sugar sweetened beverages including soft drinks, energy and sports drinks, flavoured milks and juices," according to a Board of Health Report.

Watson wrote in a letter back to Coburn that the strategy will give the public information on healthy eating habits, "which necessarily includes addressing the consumption of sugar-sweetened beverages." However, no one supplier, product or company will be targeted, he wrote. JESSICA SMITH/METRO IN OTTAWA

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Local women walk by the locked house of a Christian girl in a suburb of Islamabad on Monday. Pakistani authorities arrested the girl after furious neighbours surrounded her house and accused her of burning pages of the Qur'an.

B.K. BANGASH/THE ASSOCIATED PRESS

Alleged burning of Qur'an ignites fiery response

Young girl in prison. Case demonstrates deep emotion blasphemy cases can provoke among conservative Muslims

A Christian girl was sent to a Pakistani prison after being accused by her furious Muslim neighbours of burning pages of the Islamic holy book, the Qur'an, in violation of the country's strict blasphemy laws.

A police official said Monday there was little evidence that pages of the book had been burned and that the case would likely be dropped.

But hundreds of angry neighbours gathered outside the girl's home last week demanding action in a case raising new concerns about religious extremism in this conservative Muslim country.

Some human-rights officials and media reports said the girl was mentally handicapped. Police gave conflicting reports of her age as 11 and 16.

Police put the girl in jail for 14 days on Thursday after neighbours said they believed a Christian girl had burned pages of a Qur'an, gathering outside her house in a poor outlying district of Islamabad, said police officer Zabi Ullah.

He suggested she was being held for her protection.

"About 500 to 600 people had gathered outside her house in Islamabad and they were very emotional, angry and they might have harmed her if we had not quickly reacted," Ullah said.

Almost everyone in the girl's neighbourhood insisted she had burned the Qur'an's pages, even though police said they had found no evidence of it. One police official, Qasim Niazi, said when the girl was brought to the police station, she had a shopping bag that contained various religious and Arabic-language papers that had been partly burned, but there was no Qur'an.

THE ASSOCIATED PRESS

Blasphemy law

- Under Pakistan's blasphemy laws, anyone found guilty of insulting Islam's Prophet Muhammad or defiling the holy book can face life in prison or even execution.
- Critics say the laws are often misused to harass non-Muslims or target individuals.

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Regina

Razor blades found in pool

Regina police are investigating after staff found razor blades at the bottom of an outdoor pool.

The city says the blades were discovered Sunday and were embedded in a slide at Dewdney Pool.

THE CANADIAN PRESS

Holy skinny dip

Congressman apologizes for nude Galilee swim

A Republican congressman representing Kansas has apologized for embarrassing his supporters by swimming naked at the holy site of the Sea of Galilee while on a fact-finding mission to Israel.

Freshman U.S. Rep. Kevin Yoder, 36, has not been charged in the Aug. 18, 2011, incident when he and about 20 other lawmakers and staff members jumped into the water. Politico reported Sunday that he was the only one among them who wore no clothes.

Yoder said it was dark and he was in the water for only about 10 seconds.

THE ASSOCIATED PRESS

E. coli

Produce supplier recalling lettuce

California produce supplier Tanimura & Antle said Sunday it is voluntarily recalling romaine lettuce that was shipped to 19 states, Puerto Rico and Canada over fears about possible E. coli contamination.

THE ASSOCIATED PRESS

Turnaround

Farmers welcome early corn harvest

One of the worst growing seasons most U.S. farmers can remember is coming to an end with a corn harvest that's at least three weeks early thanks to an unusually warm spring and suffocating summer.

The U.S. Department of Agriculture said Monday in its weekly crop progress report that four per cent of the corn harvest is complete. Normally, just one per cent of the crop is in at this point in August.

While farmers usually have to wait for the corn in their fields to dry or spend money to dry it with huge blowers, in many areas, the heat has done the work.

THE ASSOCIATED PRESS

La Leche. Motherhood group stands behind transgender ban

Breastfeeding advocates and parenting gurus are voicing support for a transgender Winnipeg man who nurses his son, in the wake of a motherhood support group's refusal to allow him a leadership role inside the organization.

"La Leche League Canada's decision is discriminatory," said Annie Urban, of the popular parenting blog PhD in Parenting. "It is time for La Leche League to update its guidelines and recognize that breastfeeding is not exclusively a mother's domain."

La Leche League Canada (LLLC) recently informed Trevor MacDonald, 27, he could not lead support circles or serve as a breastfeeding coach because he identifies as a man, which contravenes the organization's policy definition of motherhood. Only women can serve as leaders, according to LLLC policy. (Trevor uses "MacDonald" as a pseudonym.)

Elisabeth Sterken, director of INFACT Canada, a non-governmental organization that promotes breastfeeding, called LLLC's policy "unacceptable."

While LLLC has publicly supported Trevor's right to breastfeed, and acknowledges his experience nursing his 16-month-old son, the group has no plans to budge.

"It would take a lot of discussion over probably a long period of time before anybody was ready to even consider changing policies that would be in the best interests of La Leche League's mission," Fiona Audy, chair of the group's board of directors, told the Torstar News Service on Monday.

TORSTAR NEWS SERVICE

Trevor, a 27-year-old transgender man, breastfeeds his 16-month-old son. CONTRIBUTED

Quoted

"It's not so much about the man and the woman or the mother and father ... it's the relationship between the parent and the child."

Dawn Hanes, Baby Friendly Initiative Ontario

Akin apologizes, but refuses to quit race

Rep. Todd Akin, seen here talking with reporters last week, apologized Monday for saying in an interview that women's bodies can prevent pregnancies in "a legitimate rape." ORLIN WAGNER/THE ASSOCIATED PRESS

'Legitimate rape' gaffe. Republican congressman appears on radio show as party members call for him to drop his U.S. Senate bid

A congressman running for the U.S. Senate apologized Monday for his televised comments that women's bodies are able to prevent pregnancies if they are victims of "a legitimate rape," but he refused to heed calls to abandon his bid for the Senate.

Todd Akin, appearing on former presidential candidate Mike Huckabee's radio show, said rape is "never legitimate."

"It's an evil act. It's committed by violent predators," Akin said. "I used the wrong words the wrong way."

Calls for Akin's exit from the race grew Monday, with at least two Republican senators — Scott Brown of Massachusetts and Ron Johnson of Wisconsin — saying he should resign the party's nomination.

The six-term congressman is the Republican nominee for U.S. Senate, opposing Democratic incumbent Claire McCaskill in the November election.

The election is one of this year's most closely watched races, as it represents one of the Republicans' best chances of defeating a Democratic incumbent as they try to gain control of the Senate.

McCaskill, who is seeking a second term, is considered vulnerable because of her strong ties to President Barack Obama — she was an early supporter in 2008 — and the fact that Missouri is considered an increasingly conservative state.

"The good people of Missouri nominated me, and I'm not a quitter," Akin said. "And my belief is we're going to take this thing forward and by the grace of God, we're going to win this race."

During the primary campaign, Akin ran TV ads in which Huckabee praised him as "a courageous conservative" and "a Bible-based Christian."

THE ASSOCIATED PRESS

Quoted

"Like millions of other Americans, we found (Akin's comments) to be offensive."

Republican presidential candidate Mitt Romney, who called Akin's comments "insulting, inexcusable and frankly wrong."

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At least 100 reported killed in Syria on Muslim holiday

Violence. Activist groups say 12 bodies shot execution-style were found in capital

Government forces pummelled the battered city of Aleppo with air trikes and tanks, and shelled parts of Damascus and southern Syria on Monday, killing at least 100 people during a major Muslim holiday, rights groups and activists said.

The violence escalated dramatically after a one-day lull on Sunday, the start of the three-day Eid al-Fitr holiday that marks the end of the holy month of Ramadan.

The renewed fighting showed President Bashar Assad's regime is not letting up on its drive to quell the 17-month-old uprising out of respect for the occasion.

U.S. intervention

In Washington, President Barack Obama said U.S. thinking on military involvement in Syria would change if chemical or biological weapons came into play in the civil war.

- He told reporters the use of such weapons of mass destruction would widen the conflict considerably.

Last month, the Syrian regime confirmed for the first time that it possessed chemical weapons by threatening to use them in case of any foreign aggression. The warning was seen as a sign of desperation as Assad's grip on power slipped.

Since the holiday began on Sunday, two main activist groups — the Syrian Observatory for Human Rights and the Local Coordination Committees — said that 12 bodies shot execution-style were found in the Qaboun district in the capital Damascus.

Activist Omar al-Khani said the bodies, which included two children, were found on the side of a road with clear signs of torture on their bodies. Some of them were naked; others, handcuffed.

Most of the deaths Monday were a result of tank and mortar shelling as well as clashes in the Damascus suburbs of Daraya and Moadamiyeh, where some activists reported the regime used helicopter gunships. The Observatory and others said up to 31 people were killed.

THE ASSOCIATED PRESS

Citizenship. Ottawa revamps application process for immigrants

Ottawa is revamping the point grid it has used for the past 10 years to judge skilled-immigrant applications.

The proposed revisions, to go into effect next January, will put more emphasis on language skills and professional credentials equivalent to Canada's — while de-emphasizing work experience abroad.

This would be the first major overhaul of the immigration point-grid system since 2002, when the Liberal government of the day lowered the passing mark and jiggled minor point allocations.

Under amendments to the federal skilled-worker program published Friday, language proficiency — an indicator of how well new immigrants do economically — will become the most important factor in whether applicants are approved, worth up to 28 points, up from 24. TORSTAR NEWS SERVICE

Proposals

Citizenship and Immigration Canada is also proposing to reduce the total number of points given for work experience from 21 to 15, and increase the years of experience required to achieve full points from four years to six.

- Changes are being contemplated to the Canadian Experience Class, which allows highly skilled foreign nationals with Canadian work experience, or graduates from a Canadian university, to apply for permanent residency.

Fire sweeps through Croatian countryside

Firefighters attempt to extinguish a forest fire near the town of Perkovici, close to Sibenik, 230 kilometres south of Zagreb, Croatia, on Monday. Firefighters fought a blaze that has destroyed a large swath of forest and scrub land near the Adriatic coast.

SULEJMAN OMERBASIC/THE ASSOCIATED PRESS

Venezuela

More than 20 dead in prison riot

More than 20 people were killed during a prison riot as two groups of inmates waged a gun battle inside the penitentiary, Venezuelan officials said Monday. It was the latest in a series of bloody clashes that have flared in Venezuela's overcrowded prisons.

THE ASSOCIATED PRESS

Mexico

Two killed in running of bulls

Health authorities say two people are dead and 18 injured after this weekend's running of the bulls in the small central Mexico state of Tlaxcala. One man was crushed against a barrier by a charging bull.

THE ASSOCIATED PRESS

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Navy makes case for replacement subs

The plan. The four nearly 20-year-old boats bought in 1998 from the Royal Navy won't be replaced until the late 2020s

Naval planners have started to lay the groundwork for the possible replacement of Canada's second-hand, glitch-prone Victoria-class submarines. In a briefing to the country's top military commander, they argue such warships are a necessary part of Canada's arsenal.

In fact, the planners say the country will likely need bigger, quieter boats that can perform stealth missions, launch undersea robots and fire guided missiles at shore targets.

A nine-page briefing note for Chief of Defence Staff Walt Natynczyk sets out a detailed justification for keeping a submarine capability, and comes at a time when the Harper government wants budget savings in both the near- and long-term.

Ottawa was awash in rumours last spring that the current submarine program was on the chopping block because of its enormous expense and repeated setbacks, including a fatal fire aboard one boat in 2004.

Dan Middlemiss, a defence expert in Halifax, says replacing the current fleet isn't expected until after 2020, but that may change if a review shows the Victoria-class submarines can have their life extended that long.

THE CANADIAN PRESS

How subs are used

Where once they were torpedoing enemy shipping, submarines are now more useful in coastline surveillance and intelligence-gathering, as well as being able to launch guided missiles at shore targets, the way U.S. and British boats did during the Libya campaign.

HMCS Windsor, one of Canada's four Victoria-class submarines, is returned to the waters of Halifax harbour after a five-year refit, in Halifax in April. ANDREW VAUGHAN/THE CANADIAN PRESS

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Man shot himself in head while in custody: Autopsy

In handcuffs. Report follows release of police video from before and after shooting

A man whose hands were cuffed behind him in the back seat of an Arkansas patrol car shot himself in the right temple with a handgun he apparently concealed from arresting officers, according to an autopsy report released Monday that listed the death as a suicide.

The state crime lab report, signed by three medical examiners, said the muzzle of a gun was placed against Chavis Carter's head when it was fired.

The report said the manner of death was ruled a suicide based on autopsy findings and investigative conclusions from the Jonesboro police department.

"He was cuffed and placed into a police car, where apparently he produced a weapon, and despite being handcuffed, shot himself in the head," the report said.

Police have said officers frisked Carter, 21, twice after a traffic stop without finding a gun before he was fatally shot July 28.

The autopsy report comes days after police released dashboard camera video recorded the night Carter was shot. Part of the video showed Carter being patted down and ended before officers found Carter slumped over and bleeding in the back of a patrol car as was described in a police report. Police later released additional video they said was recorded after Carter was found.

Neither included the moment they say Carter shot himself, and the footage did little to resolve questions about how the shooting could have happened. THE ASSOCIATED PRESS

Shooting simulation

- As part of their investigation, the Jonesboro police also released a video reconstruction of the shooting showing how a man could shoot himself in the head with his hands cuffed behind him.
- They say they used the same type of handcuffs used on Carter and the same model of handgun found with him after he died, a .380-calibre Cobra semi-automatic. An officer of similar height and weight as Carter sat in the back of a cruiser, leaned over and was able to lift the weapon to his head and reach the trigger.

Rallying support for WikiLeaks founder

A supporter of Julian Assange, the founder of the WikiLeaks whistle-blowing website, waits outside the Ecuadorian Embassy in London on Monday, where Assange has been living since June. Several South American nations have declared their support for Ecuador's decision to grant asylum to Assange, while he faces extradition to Sweden over allegations of sexual assault. OLI SCARFF/GETTY IMAGES

Gas station robbery

Robbery suspect shot himself after police chase

Police in Meadow Lake, Sask., say an armed standoff that began when police chased a robbery suspect to a rural garage has ended with the man killing himself. THE CANADIAN PRESS

Habitat change

Many polar-bear dens found near Man.-Ont. border

Manitoba conservation officers are finding more polar-bear dens in an area along the Hudson Bay coast near the Ontario boundary.

Daryll Hedman, a wildlife manager, says they were surprised at the high number of dens, which could equal the number of dens in better-known areas further north.

Hedman says it may be a sign that the polar-bear population in the area is healthy.

But he says the ice-free period in the area is getting longer as the climate changes.

That means it is getting harder for females to hunt seals and gain enough weight to give birth. THE CANADIAN PRESS

Serving up sweets.
Tennis star Sharapova launches candy line

Tennis star Maria Sharapova is going into the candy business.

The four-time Grand Slam title winner launched her Sugarpova brand of 12 types of sweets on Monday at Henri Bendel in New York City.

At this year's French Open, which Sharapova won, she called Sugarpova "the most exciting project that I've ever done ... because it's my own business, my own investment, my own money."

Sharapova is ranked third in the overall standings heading into the U.S. Open tennis tournament, which starts next week.

THE ASSOCIATED PRESS

Maria Sharapova appears for her Sugarpova candy launch at Henri Bendel in New York on Monday. GETTY IMAGES

Market Minute

DOLLAR 101.17¢ (+0.07¢)

TSX 12,706.03 (-13.85)

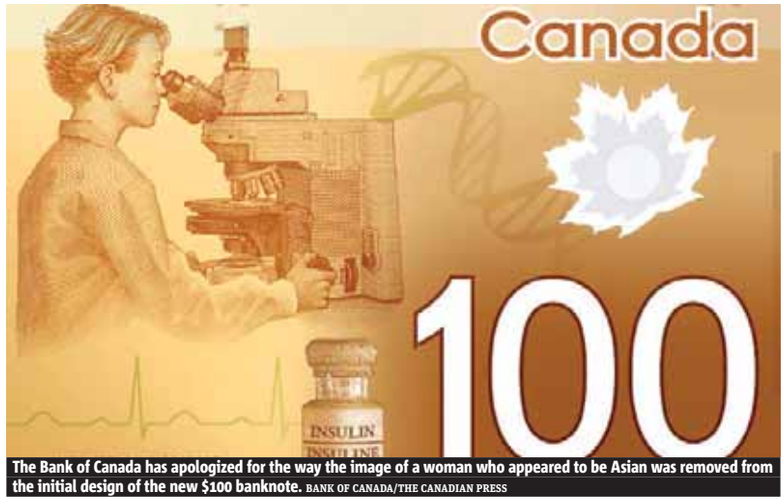
OIL $95.97 US (-4¢)

GOLD $1,623 US (+$3.60)

Natural gas: $2.776 US (+5.7¢)
Dow Jones: 13,271.64 (-3.56)

Carney apologizes for banknote controversy

Money problems.
Image of Asian woman removed from original design of new $100 bill after focus groups raised questions



The Bank of Canada has apologized for the way the image of a woman who appeared to be Asian was removed from the initial design of the new $100 banknote. BANK OF CANADA/THE CANADIAN PRESS

Bank of Canada governor Mark Carney apologized Monday for the way the image of an Asian woman was removed from the initial design for new $100 banknotes, promising to review the bank's internal processes.

"I apologize to those who were offended — the bank's handling of the issue did not meet the standards Canadians justifiably expect of us," Carney said in a statement. "Our banknotes belong to all Canadians, and the work we do at the bank is for all Canadians."

The Canadian Press reported last week that the image of an Asian woman was purged from the original design after some focus groups in October 2009 raised questions about her ethnicity.

Some of the participants said the Asian woman did not represent Canada; some said other ethnic groups should be shown as well, says a report obtained under the Access to Information Act.

By the end of 2009, an image of a white-looking woman was substituted in a move bank spokesman Jeremy Harrison said was to restore "neutral ethnicity." The original design never went into circulation.

Spokespersons for the Chinese Canadian National Council called the move "racist," and demanded the bank change its policies to stop "erasing" visible minorities from Canada's money.

THE CANADIAN PRESS

Apple sets record for company value

Apple is Wall Street's all-time MVP — that's Most Valuable Property.

On Monday, Apple's surging stock propelled the company's value to $624 billion US — the world's highest, ever. It beat the record for market capitalization set by Microsoft in the heady days of the Internet boom.

After a four-month dip, Apple's stock has hit new highs recently because of optimism around what is believed to be the impending launch of the iPhone 5, and possibly a smaller, cheaper iPad.

Apple has been the world's most valuable company since the end of last year. It's now worth 54 per cent more than No. 2, Exxon Mobil.

Apple's stock closed at $665.15. That was an all-time high, up $17.04, or 2.6 per cent, from Friday's close. Microsoft's 1999 peak was $620.58 billion, according to Standard & Poor's.

The comparison to Microsoft does not take inflation into account. In inflation-adjusted dollars, the software giant was worth about $850 billion on Dec. 30, 1999. Microsoft is now worth $257 billion. Analysts believe Apple's stock has room to grow. The average price target of 38 analysts polled by FactSet is $745.80.

Tech triumph

$624B

Apple's surging stock has pushed the company's value to $624 billion US, the world's highest ever

Despite the surge, Apple's stock is not particularly expensive compared to its earnings for the past 12 months. The company's price-to-earnings ratio is 15.6, compared to 16.1 for the S&P 500 overall. That suggests investors, unlike analysts, don't believe the company can grow its profits much from current levels.

Analysts believe the launch of a new iPhone in a month or two will be Apple's biggest product introduction yet.

There is also speculation that a smaller iPad could expand the number of people who can afford one of Apple's tablets. The cheapest iPad costs $399, compared to $199 for the latest Google and Amazon tablets. THE ASSOCIATED PRESS

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15 KM FROM START TO FINISH

SHE SAYS ...
Jessica Napier
metronews.ca/voices/she-says

end I celebrated my 27th birthday thought I should do something different to mark the occasion. than planning a night out of booz-debauchery with my nearest and dearest, I decided to strap on my running shoes and embark on a 15-kilometre run with hundreds of strangers.

In case you've ever wondered what it's like to pound the pavement non-stop for 15 kilometres, I thought I'd invite you into the mind of an unwilling runner.

Here's what was going through my head every sweaty step of the way:

1 km: I feel great. Am I making this look easy? I think so. Perhaps I should follow Usain Bolt's example and invent a signature finish-line move.

2 km: Getting into the groove now. Running behind a friend whose rhythmic ponytail-swaying is helping me keep a good pace.

3 km: Ugh. After spending two hours curating a playlist full of perfectly sequenced pump-up jams, my iPod seems to be stuck on shuffle. Also, whatever happened to DMX? Does he still make music?

New trend?

"Fellow runners are slowing down to take snapshots of the beautiful view along the route. I joke that uploading photos to Instagram while running shall henceforth be known as 'Instagrunning.'"

4 km: I catch up to my friend, who offers me something called a Honey Stinger, a chewy treat designed to give you a burst of energy. Why didn't anyone tell me that there was so much candy involved in running?

5 km: OK, feeling a bit dehydrated now. I probably should have forgotten my pride and purchased one of those lame waistband water-bottle harnesses.

6 km: A HILL? Nobody told me there would be hills!

7 km: Stomach pains. Clearly a salted caramel cupcake wasn't exactly a good pre-race snack.

8 km: Fellow runners are slowing down to take snapshots of the beautiful view along the route. I joke that uploading photos to Instagram while running shall henceforth be known as "Instagrunning."

9 km: Can I make it another six kilometres without having to use one of those questionable-looking porta-potties?

10 km: At the 10-kilometre mark I spot a random road sign that reads: "Brake for Snakes." I immediately decide to picture a group of angry snakes slithering behind me and pick up the pace.

11 km: Four more to go and I can't stop thinking about drinking the largest glass of white wine when this is all over.

12 km: Blisters, blisters, blisters, blisters, blisters, blisters.

13 km: Whoops. I accidentally threw a half-full cup of Gatorade in the general direction of a fellow runner. Run faster to avoid eye contact.

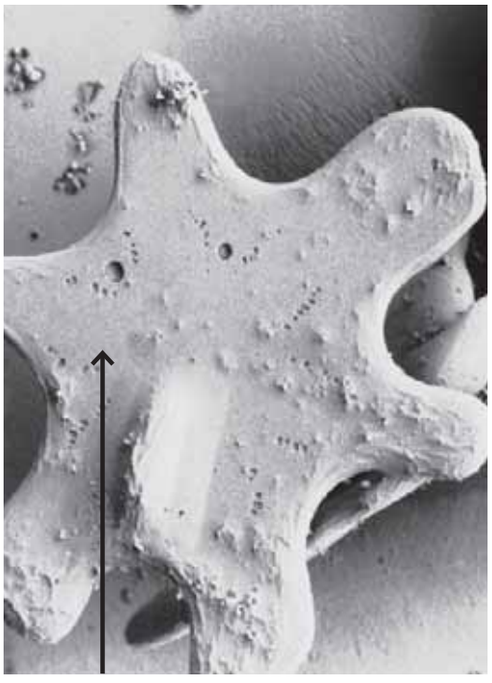
14 km: OK, you can do this. Harder, better, faster, stronger.

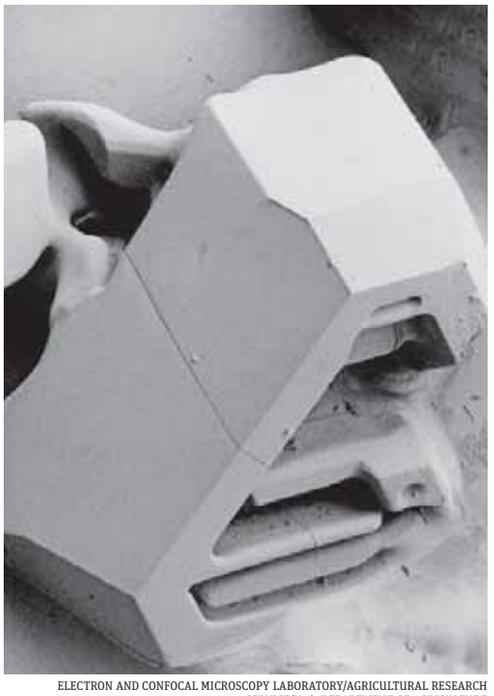
15 km: One hour and 38 minutes later and it's all over!

Someone give me my finisher medal and that aforementioned glass of wine.

During a 15-kilometre race, it's debatable whether your feet are running as fast as your mind. GETTY IMAGES

Snow way ... that's H2O?





ELECTRON AND CONFOCAL MICROSCOPY LABORATORY/AGRICULTURAL RESEARCH SERVICE/U. S. DEPARTMENT OF AGRICULTURE

Snowflake art

Snow pics reveal very odd shapes

One looks like an amoeba, the other looks like something out of a futuristic, otherworldly landscape.

But these are snowflakes and ice crystals captured in stunning high detail.

Taken with a low-temperature scanning electron microscope, the pictures are products of the Beltsville Agricultural Research Center in Maryland.

METRO

Snow in detail

- **Studying snow.** Snow and ice crystals are collected on copper sample plates containing pre-cooled methyl cellulose solution. The plates are plunged into pools of liquid nitrogen, rapidly cooling them to -196 C. They are shipped to Maryland to be held in storage or examined and photographed on a pre-cooled (-170 C) stage of a scanning electron microscope.
- **Objective:** to find out the water content of the winter snow pack. James Foster, a scientist at NASA, explains the science: "Less radiation from the ground is emitted with larger snow crystals as the radiation is more scattered. From this we can determine the thickness of the snow, and ultimately how much water it can hold."
- **Different shapes.** In their basic form, snowflakes are hexagonal in shape. But once they've fallen and interacted with heat or vapour, they undergo metamorphosis. "As a result, we can get really odd shapes," Foster said.

Specialist's view

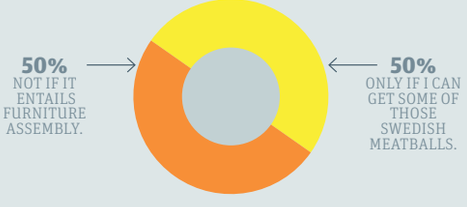
"These images show that the phrase 'No two snowflakes are alike' is probably true."

James Foster, physical scientist in hydrological sciences at NASA.
Foster explained to Metro that all snowflakes are unique because "their histories are slightly different. Everything from vapour, wind and heat affects them in a varying manner, resulting in a unique shape."

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Would you stay at an Ikea hotel?



Twitter

@zoemck:
At the #PNE trying all the deep-fried stuff. Highly recommend the Kool-Aid from Granny's. And an insulin booster.

@Maky8889:
#pne is packed solid today. Lots of ppl playing hookey. #startrek lineup is insane. Food prices crazy

@AriaRose11:
Vancouver should just be re-named "Hipster Town"

@793_brett:
I think Ryan Nugent Hopkins should go to the Bc Lions game everygame!!! #BcLions

@BCsDave:
Maybe im a bad seed but ive never seen the BC Lions push themselves enough in northern BC when they say theyre the Pride Of All BC.

@treeves7:
Tough loss for Canada's Little League team... they played really well but just fell short. #LLWS

metro

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SCENE 2

On the web

Nicky Deuce, new Nickelodeon kids movie, mobbed up with four former stars of The Sopranos

5 of the best ensemble films

With The Expendables 2 taking the No. 1 spot at the box office last weekend, we have proof once again that if you pack a ton of high-profile talent into one film, you can't lose. Here we take a look at some of the best high-head count films.

HEIDI PATALANO
Metro World News in New York

1

The Avengers (2012)

The cast: Robert Downey Jr., Scarlett Johansson, Chris Hemsworth, Mark Ruffalo, Jeremy Renner, Samuel L. Jackson, Chris Evans, Gwyneth Paltrow, Tom Hiddleston, Cobie Smulders, Stellan Skarsgard

High-power head count: 11

Critical reaction: 92 per cent approval rating on Rotten-Tomatoes.com

What made it great: With a snappy script, skillful performances and powerful action sequences, The Avengers offered a well-rounded meal for hungry comic book fans.

Opening box office take: $207.4 million

2

Pulp Fiction (1994)

The cast: John Travolta, Samuel L. Jackson, Bruce Willis, Harvey Keitel, Uma Thurman, Tim Roth, Ving Rhames, Rosanna Arquette, Eric Stoltz, Christopher Walken

High power head count: 10

Critical reaction: 95 per cent approval rating on RottenTomatoes.com

What made it great: Quentin Tarantino's landmark film resurrected John Travolta's career and became a watershed moment for indie cinema's increasing profitability.

Opening box office take: $9.3 million

3

Ocean's 11 (2001)

The cast: George Clooney, Brad Pitt, Julia Roberts, Matt Damon, Don Cheadle, Elliott Gould, Andy Garcia, Casey Affleck, Bernic Mac, Carl Reiner, Scott Kahn

High-power head count: 11

Critical reaction: 82 per cent approval rating on RottenTomatoes.com

What made it great: Funny, stylish, smart and very, very sexy, this heist caper front-loaded with talent made Steven Soderbergh's skill as a director shine that much brighter.

Opening box office take: $38 million

4

The Expendables (2010)

The cast: Sylvester Stallone, Jason Statham, Jet Li, Steve Austin, Dolph Lundgren, Terry Crews, Mickey Rourke, Randy Couture, Bruce Willis

High power head count: Nine

Critical reaction: 41 per cent approval rating on Rotten-Tomatoes.com

What made it great: The first Expendables film may not have found favour with critics, but box office numbers don't lie — audiences loved this over-the-top homage to the action films of the 1980s.

Opening box office take: $34.8M

5

The Royal Tenenbaums (2001)

The cast: Gene Hackman, Ben Stiller, Gwyneth Paltrow, Danny Glover, Bill Murray, Anjelica Houston, Alec Baldwin, Owen Wilson, Luke Wilson

High power head count: Nine

Critical reaction: 80 per cent approval rating on Rotten-Tomatoes.com

What made it great: Director Wes Anderson's quirky film about family dysfunction utilized each actor's strongest talents so well that the film is largely considered his best. A 2008 survey by film magazine Empire named it the 159th best film of all time.

Opening box office take: $8.5 million

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Prince Harry

The prince gets his party on, post Olympics

With the London Olympics behind him, Prince Harry headed back to Las Vegas this weekend for some fun and relaxation, according to People magazine. The royal bachelor was able to enjoy himself at the MGM Grand's poolside venue Wet Republic without drawing too much attention thanks to the presence of Jennifer Lopez, who was throwing a party a few bungalows away. He didn't go entirely unnoticed, of course. "A few groups of women approached him throughout the day and he talked to them briefly, but he didn't really center his attention on anyone," a source says. "He definitely loved the attention, but he looked to be a gentleman with all the women."

A royally good time

"He definitely loved the attention, but he looked to be a gentleman with all the women."

Source

Phyllis Diller passes away at 95

Comedienne and actress Phyllis Diller died yesterday at the age of 95 in Los Angeles. She had recently suffered a fall and injured her hip, reports TMZ. Diller, who began her career in television in 1952, frequently collaborated with Bob Hope and is credited with paving the way for female comedians.

She continued to work until recently, making cameo appearances in film and television and performing standup in 2007 on The Tonight Show.

The Word

Nicki Minaj nabs a chair on American Idol

THE WORD
Monica Weymouth
scene@metronews.ca

American Idol hasn't had any trouble replacing former judges Steven Tyler and Jennifer Lopez with high-profile stars. A month after Mariah Carey signed on, it looks like fellow professional diva Nicki Minaj will take a seat at the judges' table as well.

"I'm not sure the deal is completely done yet, but yes, she is definitely doing it," a show insider tells Us Weekly.

"A few more slight things to sign off on but it is happening."

Our hearts go out to the hair, makeup and pillow-fluffing crews at Idol during this difficult time.

Justin Timberlake and Jessica Biel ALL PHOTOS GETTY IMAGES

Private aisle: Did Justin and Jessica have a secret ceremony?

Did Justin Timberlake and Jessica Biel pull a fast one on Hollywood and sneak off to tie the knot this past weekend? At least one gossip columnist says yes. Janet Charlton reports on her blog that the engaged stars were in Jackson Hole, Wyoming, this weekend — the site of Timberlake's proposal to Biel last December — for a rehearsal dinner Friday night followed by the wedding itself Saturday at a private estate. Their quests were staying at the Four Seasons resort nearby, according to Charlton's source.

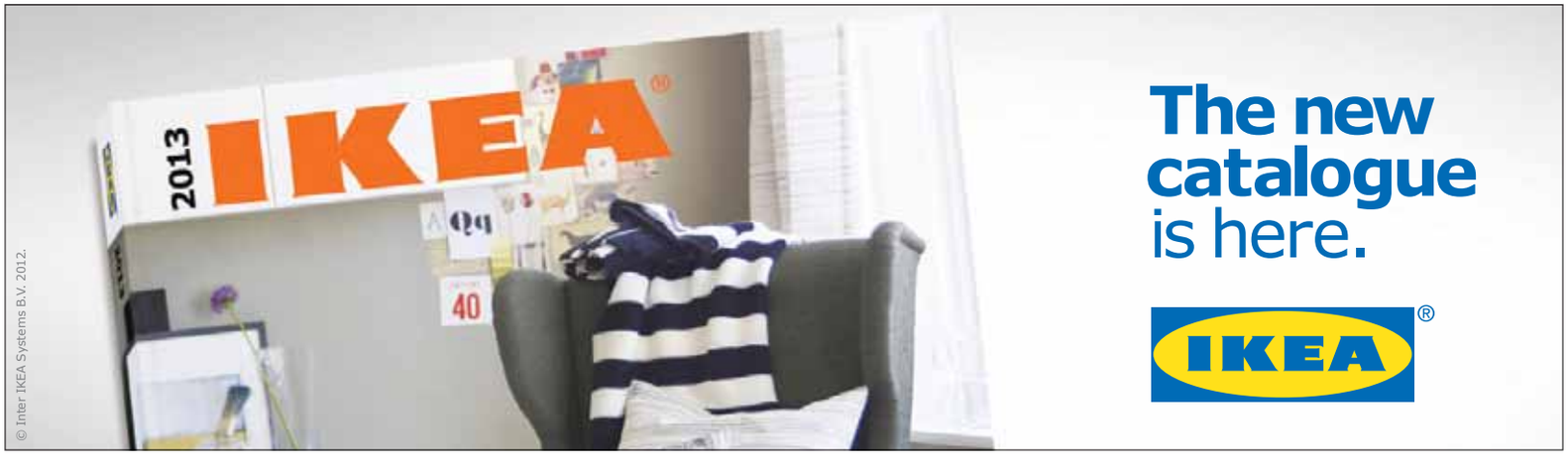
Twitter

@chriscolfer
Does anyone else imagine @DianeSawyer when they think of God? Maybe I just watch too much news.

@TheEllenShow
13 million followers! If 13 is a lucky number, 13 million must be really lucky. I'm gonna go buy some lotto tickets.

@SethMacFarlane
I fear no man or thing the way I fear a bee in my car.

@katyperry
Meditation is the new xanax.



LIFE 3

How to detox the right way

Diet. This summer, health addicts raved about the benefits of detoxes. But is feeding your body nothing but blended fruit and vegetables really good for your health?

ROMINA MCGUINNESS
Metro World News

Unless you've been hiding out in McDonald's all summer, you'll have heard at least one of your friends mention how a juice detox helped them get the best body ever. Generally, people go on a detox because they want to lose weight, debloat or clear their skin. But they're missing the point, Dr. Frank Lipman, who advises Gwyneth Paltrow, tells Metro. "Your main motivation should be your health, not your weight." So is going on a detox ever a good idea? Yes, Lipman answers, as long as you're doing it right.

Why bother to try one?

"If you're going off the rails and have been eating too much crap and feel like you need to push the reset button, then a detox may be the right thing for you. But so many people do it wrong," says Lipman. "The benefits of a good detox include weight loss, higher energy levels, reduced bloating and puffiness, clearer skin, improved digestion and better sleep. It's an entry point into a healthy life."

What is it?

Going on a detox is about removing toxins from the body. Beyond that, it's about getting healthy.

According to Lipman, a truly effective detox is one where you supply your body with the specific ingredients needed to boost its own detoxification system. We have natural detox systems, such as the liver, but these tend to get overloaded by our modern diet and lifestyle. You need to support yourself with fresh nourishing food in order to replenish your system. The gut is a huge source of toxicity as its full of bad bacteria, so a good detox should include plenty of fibre to help remove the bacteria as well as anti-microbial herbs to kill it.

How do you do that?

Process of elimination. A detox isn't just about removing toxicity but eliminating foods from your diet that cause sensitivities or inflammation such as sugar, gluten, dairy, soy, eggs, caffeine and alcohol says Lipman.

Once the detox is over, slowly introduce the foods back into your diet one at a time and see how your body reacts.

"If you don't have a negative reaction, such as severe stomach pain, nausea, headache or fatigue, then you can assume that it's not a problem for you to continue eating these foods."

You have to stick to a detox program for a minimum of 10 days, the length of time it takes for the body to get over food sensitivities and sugar cravings.

Drink it up. THINKSTOCK

Quote

"Going on a detox is like going to a food rehab."

Dr. Frank Lipman
Author of Revive: Stop Feeling Spent and Feel Great Again

So is detoxing dangerous?

"No, it's good to remove the crap in your diet once in a while," confirms Lipman. But it can be a problem if it's not done properly. "Ninety per cent of people go on a detox to lose weight and look good. But if they did do it in the mind set of getting healthy, they would get better results and still lose the weight."

Just reconsider juicing

The problem with a juice detox is that there is only so much time you can spend without solid food, says Lipman. Juicing for a couple of days is fine, but you're not really cleaning out your gut, which is what a detox is all about. You think you're getting skinny, but you're probably gaining weight.

"A juice detox is fine for resting the gut and not taking in gluten, dairy and refined sugar, but a lot of juice detoxes are full of fruit so full of sugar. Too many sugars and not enough nutrients could actually have an adverse effect, triggering weight gain rather than weight loss," Lipman warns. "If you're going to have a juice, make sure it's not 100 per cent fruit, but contains green leafy vegetables such as spinach or kale as well."

On the Web

SuperAgers in 80s have brains similar to those 20, 30 years younger: study

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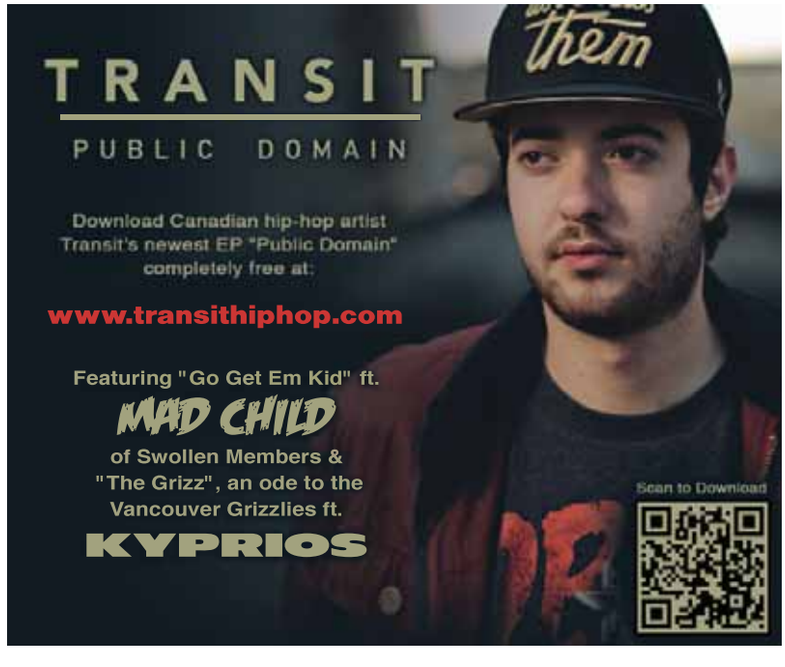

Skip the pasta noodles and give lasagna potato power

This recipe serves eight to 10. NEWS CANADA

It tastes just like the Italian-style favourite, except this version replaces pasta with sliced Ontario Yukon Gold potatoes. It's a satisfying meal that's quick and easy for kids and parents to prepare.

The adults peel and slice potatoes. Older kids can par-cook potatoes in microwave and cook ground beef. All kids can layer ingredients in baking dish.

1. Preheat oven to 400 F (200 C).

2. In fry pan, cook beef on medium heat, breaking up pieces with back of wooden spoon or spatula. Stir in oregano, garlic. Remove from heat.

3. Place sliced potatoes in bottom of 2.5-quart (2.35 l) baking dish. Cover with plastic wrap. Heat on high 8 minutes or until potatoes in middle of dish are tender when pierced with a fork. Use oven mitts when removing cover.

4. Sprinkle flour on top of potatoes. In a bowl, mix cooked ground beef mix with tomato sauce and spread over top.

5. In bowl, mix cottage cheese, egg and Parmesan cheese. Spread over tomato sauce layer. Sprinkle grated Cheddar cheeses over cottage cheese layer.

6. Bake uncovered 30 minutes, until cheese is lightly browned and sauce is bubbling at edges. Let stand 5 minutes. **NEWS CANADA**

Ingredients

- 1 lb (500 g) lean ground beef
- 1 tsp (5 ml) dried oregano
- 1/2 tsp (3 ml) chopped garlic
- 2 lb (1 kg) Ontario Yukon Gold potatoes, peeled and thinly sliced
- 1 tbsp (15 ml) all-purpose flour
- 1 1/2 cups (375 ml) tomato sauce
- 1 1/2 cups (375 ml) cottage cheese
- 1 egg
- 1/3 cup (75 ml) grated Parmesan or Romano cheese
- 1 cup (4 oz /100 g) grated Cheddar and mozzarella cheeses

Health Solutions

Condiment conundrum

NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

Everyone likes a burger on a hot summer day!

But most of them pack enough of a calorie bomb without adding insult by condiment.

Be careful what you top your babies with, and be able to enjoy them more often (and for longer).

Don't

- 1 oz grated cheddar cheese adds 119 calories and 9 grams of fat
- 1 tbsp mayonnaise adds 60 to 80 calories and 8 to 12 grams of fat
- Lick's Guck or "special" sauce adds 50 calories and 6 grams of fat

Do

- Mustard adds zero calories, no fat
- Dill pickle adds zero calories and no fat
- Dill pickle relish adds zero to five calories and no fat
- Tomatoes, lettuce, onions and peppers are free and unlimited

Just so you know...

- 1 tbsp ketchup is 20 calories (and one whole teaspoon of sugar)
- 1 tbsp barbecue sauce is 30 calories (and one whole teaspoon of sugar)

Choose wisely. Your abs are watching you.

THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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Sometimes even the bank screws up too

Alison's money rule. Follow these four tips to help you deal with those big bank errors

YOUR MONEY
Alison Griffiths
money@metronews.ca

My sister would rather keep her money in a sock than deal with the big banks. Her feelings were confirmed after a recent error was made transferring funds from her old Scotiabank branch to a new one. The result was a number of bounced cheques and considerable embarrassment.

Not expecting any mea culpas, she complained to a teller who ushered her into an account manager's office. Not only did the woman apologize but she offered my sister six months of zero fees on her account.

Boldly, dear Sis said that wouldn't quite cover the NSF fees but the woman could not authorize any more largesse. Enter the branch manager who proclaimed, "let's just do away with your fees permanently."

You can't always get what you want when a bank screws up, but follow these tips to give you the best chance to notice errors and get compensation.

1. Pay attention
There's no way to catch a mistake if you're not checking your account statements and ATM transactions regularly. Be particularly vigilant about transfers, automatic deposits and debits and Internet banking.

2. Marshall your facts
Don't bother starting the complaint process until all facts and documents are at hand. Detail everything you can recall including the dates and confirmation numbers if appropriate.

3. Be prepared to go up the ladder
All bank employees, including branch managers, have limits to what they can authorize. To get more you will have to go higher. Asking for the vice president in charge of consumer services at head office if luck runs out at the branch level. Otherwise you can file a complaint with the Ombudsman for Banking Services and Investments (obsi.ca) For TD and RBC complaints go to ADR Chambers (bankingombudsca.)

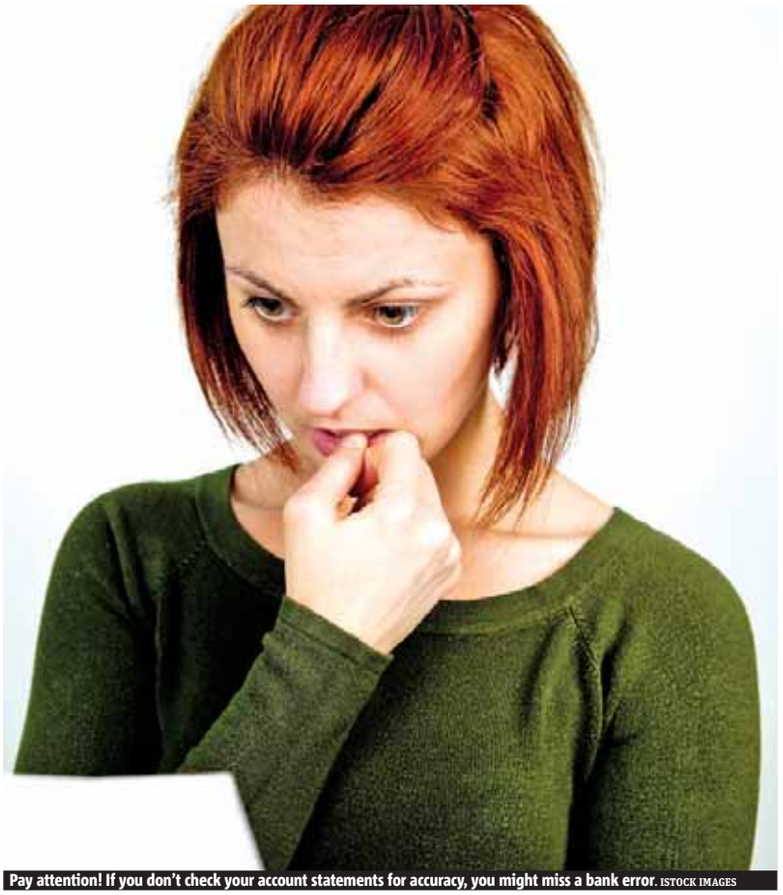
4. Hold your temper
Anger and abuse toward employees may make you feel better temporarily but it gives the bank an acceptable reason to stop dealing with you. Be firm, be reasonable then shout up a storm in private.

With billions of bank transactions in Canada annually, mistakes will happen. Do complain even about small mistakes. You could be surprised by the result.

In numbers

864M

Canadians made 864 million transactions at bank-owned ATMs in 2011.



Pay attention! If you don't check your account statements for accuracy, you might miss a bank error. ISTOCK IMAGES

There's hope for the dumped

Feedback. Website offers unique method for people to get constructive criticism from their exes

HEIDI PATALANO
Metro New York

For the long list of ways a person can be dumped, unfortunately most often, no actual breakup happens at all. Ending a relationship with unreturned phone calls or unanswered texts is sadly the norm.

Audrey Melnik, CEO of WotWentWrong.com, has had enough of that. Fed up with the anguish she and her friends experienced when they were kicked to the curb with no explanation, she was determined to find a productive and socially acceptable method of getting feedback from those who had ended things.

The result is a website that helps the dumped compose what Melnik describes as a "nonchalant, not clingy" email that politely asks the one who did the dumping for full disclosure.

"The tone that I wanted to set pretty much throughout all of it is: 'I'm not trying to get back together with you; I just want to know so I can not make that mistake in the future and improve the next time,'" Melnik explains.

WotWentWrong.com is hoping to help people like this guy understand why their exes aren't having it anymore. ISTOCK

Users can select from a number of tones — from flippant to flattering, philosophical to sincere — from which to compose their email to the ex-mate from whom they are seeking an answer. The site provides text like, "Going out with you was fun for me, and I believed for a while that it was also fun for you. Since I haven't heard from you for a while, I'm assuming things have changed. It would really be great if you could give me some feedback on what went wrong."

Customize the message however you see fit, and it gets sent off to the object of your unrequited affection.

Melnik so far has been pleased with the results. Not only has the site helped many daters learn more about their own annoying dating habits, but the anonymously aggregated data that results from using the site has provided some fascinating statistics that will help anyone learn more about modern dating behaviour (see factbox).

"I think one of the key things that we're discovering is that there are two different facets: either there are certain things that you can learn that you are doing that you can change or there are certain things about you or your lifestyle that aren't things you can change, so it just means you should stop worrying about it," Melnik says. "Sometimes it's just about finding out that it's not about you, and that can make you feel better."

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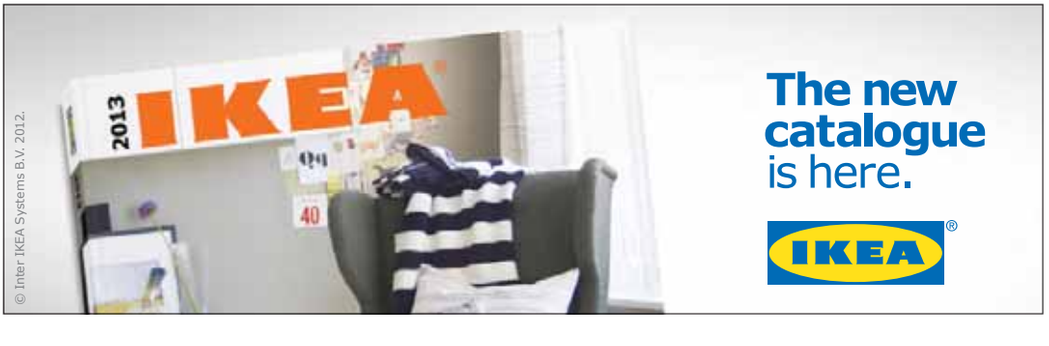
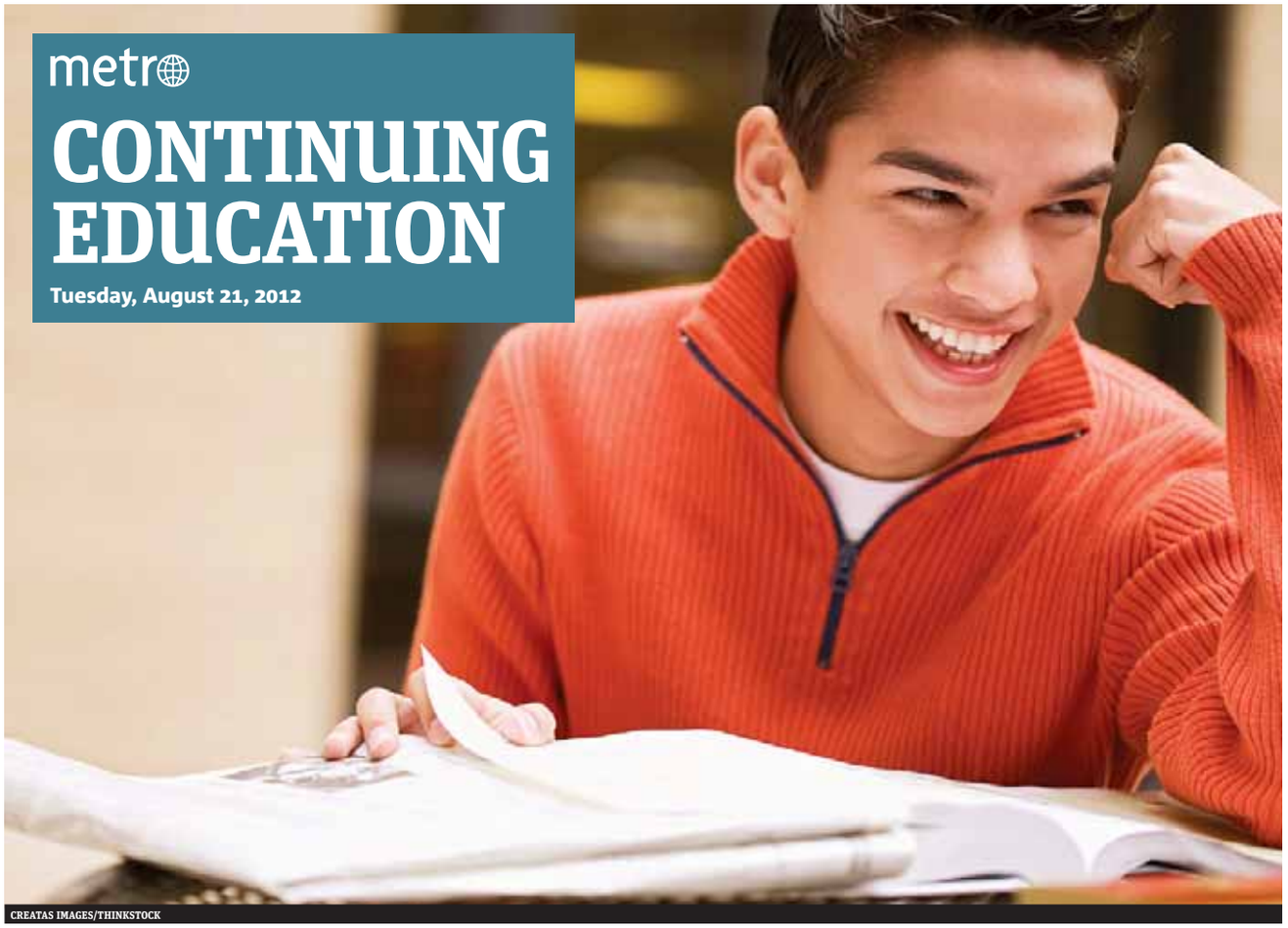


metro

CONTINUING EDUCATION

Tuesday, August 21, 2012



CREATAS IMAGES/THINKSTOCK

Drop by Capilano's open house

DANIEL HENDRIKSEN
For Metro

Capilano University has a full slate of continuing education programs/courses starting in the fall semester, including a variety of brand new options.

Some of the newly available programming includes: The Oriental rug: An introduction; home sense; fabulous flowers: Modern floral design; and renovations — why, what and how.

Those interested in enrolling in continuing ed programming at Cap U are encouraged to attend the school's open house. The event takes place Sept. 8 from 10 a.m. to 12:30 p.m.

Students can register for their courses and programs while there, and will even receive 15 per cent off the tuition fee of their course/program if they register during the open house. (Some exceptions apply — the discount is not available to Children's Community Music School programs or Eldercollege membership).

Many of the continuing education instructors from Cap U will also be on hand offering sampler classes during the open house. In addition to the discount in tuition fees, there will be door prizes, giveaways, refreshments, entertainment, and free parking.

You can find the Cap U continuing ed manual for fall 2012 in PDF format at capilanou.ca.

UBC program perfect for newcomers

The University of British Columbia's (UBC) continuing studies department is once again offering its popular Canadian workplace skills program this fall, with several new courses available.

The program is designed for Canadian newcomers who are internationally educated and are looking to make a seamless transition into the Canadian workforce. The wide variety of courses will teach individuals about different areas of expertise, as well as Canadian culture and communication.

Some of the new courses offered this semester include: Advanced English conversation for professionals; Canadian workplace simulation and assessment; Canadian work experience project; idioms: English expressions in everyday use; and employability skills for Canadian workplaces.

UBC will be holding free information sessions for those interested in the program Oct. 3 and Nov. 29, from 5:30-7:30 p.m.

Canadian workplace skills is part of UBC's UBC award of achievement in Canadian workplace essentials program.

A full list of available classes can be found at cstudies.ubc.ca/life-and-career/canadian-workplace-skills.

Acquire a leadership foundation at your own pace at JIBC

The Justice Institute of British Columbia (JIBC) has an excellent program for anybody with aspirations to become a supervisor or manager in the private, public, or non-profit sector.

The foundations of effective management & leadership certificate at JIBC is a 14-day program that allows students to learn at their own pace. It includes four required courses, two elective courses and a final assignment.

Throughout the certificate, students will learn the dynamics of leadership, as well as practical strategies for performance management, planning, human resource development, employee relations, and a better understanding of their own leadership.

"As a co-ordinator with aspirations to be in management, the program gave me many opportunities to see the role of management through a different lens," says Vincent Gonsalves, community relations co-ordinator, with Translink.

"The practical learning on inspiring teamwork, managing change, and resolving conflict was very valuable. Implementing tools I learned throughout the program and final project increase my team's cohesion and communication significantly."

For more information on the foundations of effective management & leadership certificate, contact leadership@jibc.ca.

DANIEL HENDRIKSEN

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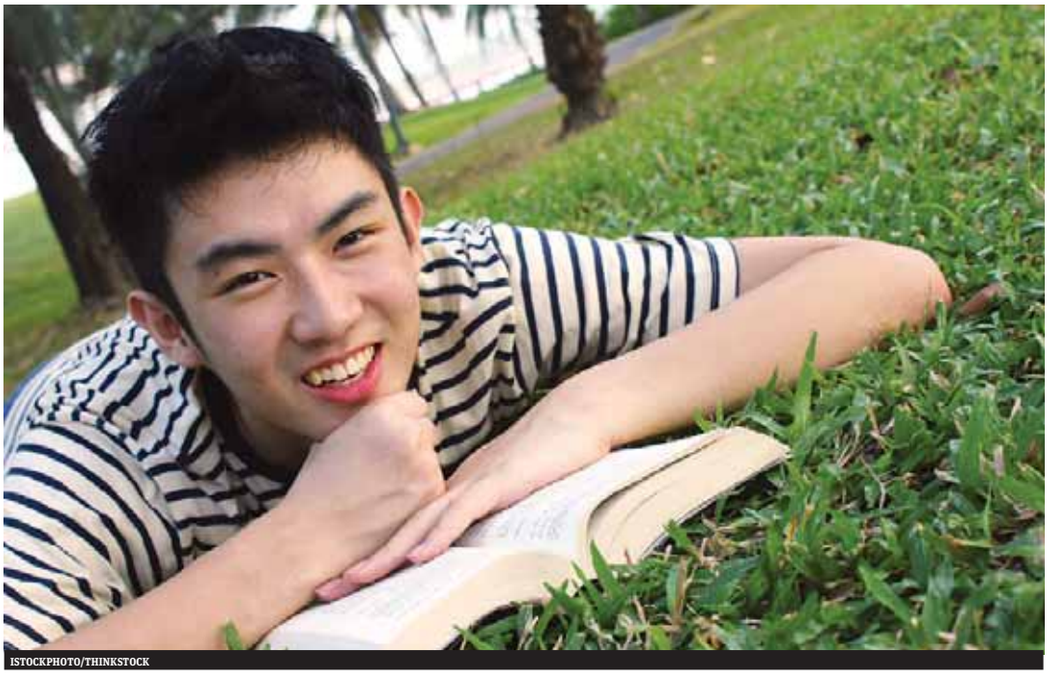
Learn the art of copywriting at Langara

DANIEL HENDRIKSEN
For Metro


ISTOCKPHOTO/THINKSTOCK

Anyone looking to get into the exciting field of advertising will benefit from a new program at Langara College. Langara's continuing studies department will be offering this new program in September, called the advertising copywriting certificate.

The all-encompassing program features nine courses designed to teach participants the art of writing for print, radio, television, and the web. Students will also learn how to develop marketable and relevant concepts.

Greg Blue, Langara's manager of creative and applied arts in continuing studies, talked about the creation of the advertising copywriting certificate in a media release.

"In a typical ad agency there is a creative team that works on a project — an art director and a copywriter," Blue said. "We already train art directors through our communication arts program, so we created the copywriting program to fill in the other side of that creative team."

In fact, students enrolled in copywriting will get the chance to collaborate with those in communication arts with the hopes that students combine to develop creative partnerships that will blossom from the complementary programs.

For more information on the advertising copywriting certificate, check out langara.bc.ca/continuing-studies/programs-and-courses/programs/copywriting/.

Langara illustration program is cutting edge

As part of its continuing studies department, Langara College is offering a cutting-edge two-year certificate in commercial illustration.

The program teaches students about the complex world of commercial illustration, including the business and communications related sectors. Langara has recruited some of the area's top illustrators and educators to train students in both traditional methods of drawing and painting as well as the digital and electronic formats.

One of those instructors is artist Pascal Milelli, who has worked with both Harper's Magazine and the Vancouver Opera.

"The essence of an illustrator's process is communication: Conveying a message and meaning in visual form," Milelli said in a media release. "Part of the dance is finding the footing between reflecting the text, question, or message, without being obvious or simply decorative. Students can expect to get a working experience of an illustrator's process from our program, from the initial gathering of ideas to the execution of the actual artwork."

The part-time commercial illustration certificate has entry dates of September, January and May.

For more, visit langara.bc.ca/continuing-studies/programs-and-courses/programs/commercial-illustration.

Vancouver Community College
Vancouver Community College
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VCC's Centre for Continuing Studies spring flyer is now available for pick up around the city.
CENTRE FOR CONTINUING STUDIES

Capilano. Take a hike with Wonderful Walking Tours

Capilano University will be adding two new items to its continuing education department this fall that will surely be popular with local nature enthusiasts.

The program is dubbed "Wonderful Walking Tours," — two exciting and informative daylong hikes in different parts of the Lower Mainland and Fraser Valley.

The first of the tours is called Callaghan Country — West Coast Adventure, and will take place Sept. 15 from 7 a.m. to 7 p.m. The walk will be guided by Lois Tomlinson of Natural Trekking, and takes participants on a unique tour of Callaghan Valley and Callaghan Lake.

Included in the tour will be lunch at Callaghan Country's Back Country Lodge and a B.C.-themed wine and cheese happy hour at Porteau Cove. The cost for the day is $129.

The second guided tour will be Circle Farm Tour – A Day in the Valley! Taking place from 8:30 a.m. to 5:30 p.m. on Sept. 29, this tour is centred around celebrating local food, wine and farming.

Also guided by Tomlinson, participants will engage in a relaxing six-kilometre walk along the Fraser River. Total cost for the day is $159.

Transportation will be provided for both tours. For more information, visit capilanou.ca/ce/north-shore/goodliving/#Callaghan_Country.

One-of-a-kind holistic program at Langara

Langara College is currently taking applications for its new holistic image & style adviser program. This certificate, which focuses on holism, communication skills, and basic psychology around the topic of self-image, is the only one of its kind in B.C.

The program is taught by industry experts and covers several areas of fashion expertise including: The history of fashion style; wardrobe and fashion; colour theory; stress reduction and communication; personal development; and etiquette and social relations.

Graduates of the program will gain unique listening and communication skills when dealing with their clients. Among the various career opportunities are holistic style and image adviser, a personal life coach, or an events organizer.

Langara currently has start dates in both September and January with all classes taking place at the Broadway campus in Vancouver. They will be holding an information session Wednesday. Interested parties can call 604-323-5926 to register. To learn more, go to langara.bc.ca/continuing-studies.

DANIEL HENDRIKSEN

BCIT program to aid need in health-care field

DANIEL HENDRIKSEN
For Metro

CREATAS IMAGES/THINKSTOCK

The School of Health Sciences at the British Columbia Institute of Technology (BCIT) has launched a new two-year online program called the advanced certificate in health leadership.

The focus of the program is to provide qualified individuals with the potential for future growth in entry- and mid-level positions within the health sector.

The program will help to answer the projected need for more health-care professionals in B.C. through to 2020. With baby boomers retiring and the growing immigrant population, worker demand in the health-care sector is expected to continue to increase.

In the first year of the program students will learn the fundamentals of health leadership, management of resources, sustainability, leading people, and the Canadian health system. In the second year, they will apply their skills to address performance management, use of evidence in health leadership decision-making, and project leadership.

In order to graduate, participants of the program are also required to complete an integrative project in their workplace with the support of an organizational sponsor and a BCIT facilitator.

To learn more about the advanced certificate in health leadership, go to bcit.ca/study/programs/6860adcert.

Rare chance to use a Jacquard loom at Cap U

A new course being offered at Capilano University this fall gives those with an interest in weaving a rare chance to learn how to use a Jacquard loom under the direction of an expert weaver.

Introduction to Jacquard weaving will teach students how to create Jacquard weavings from original drawings, images, designs or scans, using Photoshop. The course will be taught using a state-of-the-art AVL Jacq3G Jacquard loom — one of only six in the country.

The Jac3G is different than conventional looms as it allows users to control each individual thread, as opposed to sets of multiple threads. With the increased control, weavers can create more elaborate patterns.

A background in weaving and familiarity with Photoshop are recommended for this course, but are not required. Students are also encouraged to read The Woven Pixel: Designing for Jacquard and Dobby Looms Using Photoshop.

The course will run over a period of six Saturdays from Oct. 13 to Nov. 24.

It will be part of Cap U's textile arts program, and will be taught by Ruth Scheuing. The cost is $499.

Virtually there. More students choosing online learning

Online learning is growing by leaps and bounds in Canada, with more and more students opting for the increased flexibility of learning on your own time and from your own home.

Vicky Busch is executive director of the Canadian Virtual University, an organization that acts as a portal to the e-classrooms of universities and colleges across the country. She says most e-learners are working adults who have a career and are advancing credentials or changing occupations. The second biggest group is regular university students who are picking up missing courses or speeding up the degree.

The Cvu-uvc.ca site links to hundreds of courses at dozens of accredited post-secondary institutions in just about every subject. You can get a bachelor of arts or a master of business administration. From accounting and architecture to tourism and writing, pretty much every subject can be taken online.

Studying online means you can choose the best school for your fit without having to relocate. "If you're taking online courses, it doesn't matter where you live in the country," she says.

Busch warns against "diploma mills" that churn out credentials of little value. It's a bigger problem in the U.S., but by going with an established education institution or through CVU, you are more likely to get a course whose credentials will be recognized by other schools, or by employers.

Before you sign up, create a schedule that allows you to spend time on your course. Look ahead to see when major work will be due and ensure you can clear time to complete it ahead of deadline.

"One of the most important things for success is to be clear in your goals and the reasons why you're taking online education," Busch says. "Students studying online need to be self-directed and self-motivated."

The only exception to the e-learning trend is the trades, or any other course that requires hands-on work, such as a medical career. But even there, more and more course components can be done online, with students only having to come in for the hands-on work.

JON TATTRIE

Draw some attention.

The new Commercial Illustration Certificate Program in Langara Continuing Studies.

Take your drawing techniques and practical skills to a new level through the Commercial Illustration Certificate Program at Langara. Register for a course to top up your skills, or train for a career from the ground up under the best illustrators and educators in Vancouver.

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One Day @ UBC. Experience a snapshot of quality learning

DANIEL HENDRIKSEN
For Metro

With countless options available when embarking into post-secondary education, it can be fairly tough to decide which avenue to take en route to a diploma or degree.

The University of British Columbia (UBC) is offering a great program this fall, which is aimed at those who have this type of problem. It's called One Day @ UBC, and it gives members of the public the chance to experience a short dose of UBC quality learning without the hassles of exams or papers.

Most classes will take place at UBC's Point Grey Campus with UBC faculty delivering the majority of the lectures.

With more than 30 topics available, there is sure to be something for everyone. The wide variety of classes include: Horror movies; Japanese tea ceremonies; food history; and Greek philosophy.

Students can expect small class sizes and expert instructors. They can even put their credits earned towards a UBC certificate or award of achievement in liberal studies.

One Day @ UBC is a unique community access program, not offered anywhere else in Canada. For more information and for a full list of topics available, check out cstudies.ubc.ca/liberal-arts-and-sciences/one-day.html.

Updating education pays off

JON TATTRIE
For Metro

GOODSHOOT/THINKSTOCK

Canada is a global leader in lifelong learning and that contributes to the success of the country and of individual Canadians.

Andrew Parkin, director general of the Council of Ministers of Education in Canada, says upgrading your education pays off. "Consistently, we see that people with more education do better in the workforce. They have shorter periods of unemployment, they are less likely to be unemployed and are more likely to earn more," Parkin says. "It makes Canada an attractive place to invest because we have such a highly educated and highly skilled citizenry, and it makes our quality of life excellent as well."

In a fast-change workplace, you can't expect to train once and have that serve you for 45 years.

But it's not just MBA students who become adult learners. Parkin points out that Canada has the highest per cent of adults with post-secondary credentials in the OECD, but also one of the highest proportions of 15 to 20 year olds who are out of school.

That's because many young people opt to leave school to work in places like Alberta's oilpatch. "Some sectors are less hot than they were two or three years ago, but nonetheless there is still an ability for young adults in Canada to earn some good money," he says. "Once they're done that they'll need to come back to school."

By age 30, most Canadians have a high school diploma or more. "People go in and out of school, they go in and out of work, and the system has to be flexible enough to respond to those realities. People's life experiences are more complicated than a straight line," he says.

Ramona Jennex, Nova Scotia's education minister and the chairwoman of CMEC, says lifelong learning must be open to everyone.

"(We) recognize that Canada works best when all citizens have the knowledge and skills they need to succeed," she says. "This means there can be no one left behind: Young people, adult workers, Aboriginal Canadians, new immigrants, and those with differing abilities — all must have access to quality educational opportunities to ensure their success."

The 2008 global economic crisis reaffirmed that a post-secondary education can buffer you from the worst of financial storms. You are more likely to keep your job, or to find another.

"It's going to be easier for you to navigate through change," Parkin says.

"That contributes to an economic advantage not just for individuals, but for the country as a whole."

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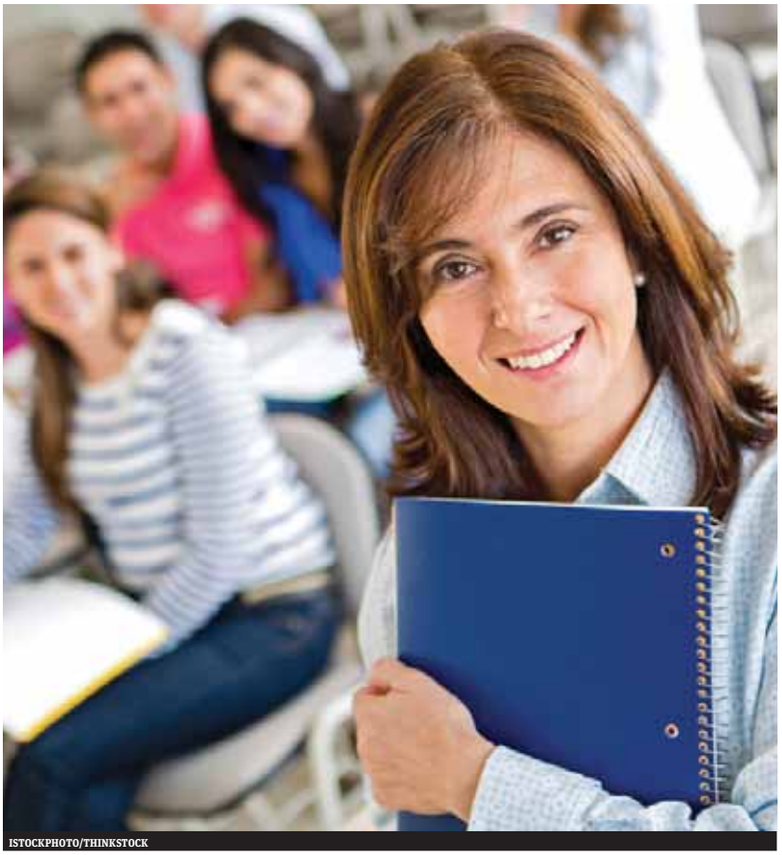
An education boom

Demand. A changing of the guard as baby boomers begin to retire

JON TATTRIE
For Metro


ISTOCKPHOTO/THINKSTOCK

Adult education is booming — thanks to the baby boomers.

Bob Cram, executive director of the Centre for Continuing and Distance Education at the University of Saskatchewan, says older workers exiting the workforce have driven up demand for business courses to train their replacements.

Demand this fall will be high for courses in business, communications skills, writing skills and leadership development, supervisory dealing with difficult people. "All of those courses help you develop skills you can use in your job," he says.

Many adult learners take skills non-credit courses once a week in 13-week evening classes. He says leadership development and project management are the most popular.

Another popular section is graduate programs like an MBA for a businesswoman advancing her career, or a master's in education for a teacher who wants to become a principal. Public administration and public health degrees are also in demand.

Cram attributes it to a changing of the guard as boomers retire. Those retired boomers also created the second surge in adult education. "Now they want to take courses that are just for fun. For the love of learning," he says.

They don't care about getting a degree, but just want a social outing in an educational setting. Many cities have non-profit organizations like the 400-member Saskatoon Seniors Continuing Learning Inc. These groups liaise with their members and their local universities to pick classes on topics like Irish literature, the origins of the First World War, or Prairie geology.

Cram notes you can audit a course, which means you don't get a credit, but it reduces the cost by half. Seniors can sometimes learn for free. "Typically, it's after the normal registration period has closed. If there's space in the class they can register for free," he says.

The trend is moving away from that, but it's worth checking with your registrar. Courses organized specifically by seniors groups are often only about $50 anyway.

Cram notes that many of the professional development courses are being taken online. The University of Saskatchewan saw online enrolment jump 35 per cent in each of the last two years.

AU student Shenoor in Toronto, ON

Keep your eye on the prize

Juggling work, study and personal life can result in a lot of dropped balls, but experts say you can manage to keep all three in the air with a little preparation.

Julie McCarthy, professor of organizational behaviour at the University of Toronto, studies burnt-out students.

She says to avoid crashing, embrace imperfection.

"Often, the successful ones eventually realize there have to be concessions," she says. "It may not be possible to be the top student, top employee and a mother of two."

Good enough may have to do in at least one of the trio if you need to excel in another area. "We don't want them to reach the breaking point, but to achieve balance across the three roles," McCarthy says.

McCarthy's research has identified three common strategies for dealing with conflicting demands for time, attention and energy. One is emotion-focused, where students reach out to family and friends for support during tough times at work and school. The second is problem-focused coping, where people deal with the task in front of them. The third is avoidance-focused. When the going gets tough, they get going to the movies.

People often think the problem-focused approach is superior, but McCarthy is a fan of avoidance. "You have to recover from daily stress," she explains. "One person may go to the gym, one may read a book, and another may go for a walk."

If you hit the treadmill but ruminate on work, try a more engaged activity. Sign up for a martial arts class — if your physical concentration lapses, you will get knocked in the face. Perhaps the serene physical focus of yoga is more your style, or blasting your favourite songs.

"Half an hour of completely disengaging is going to be better than a longer period of time when you're still stressing about the problems," McCarthy says.

Balance the three as best you can, take good breaks and remember: This is only temporary. Keep your eye on the prize of an enhanced career that will make life better for you and your family. And keep juggling.

JON TATTRIE

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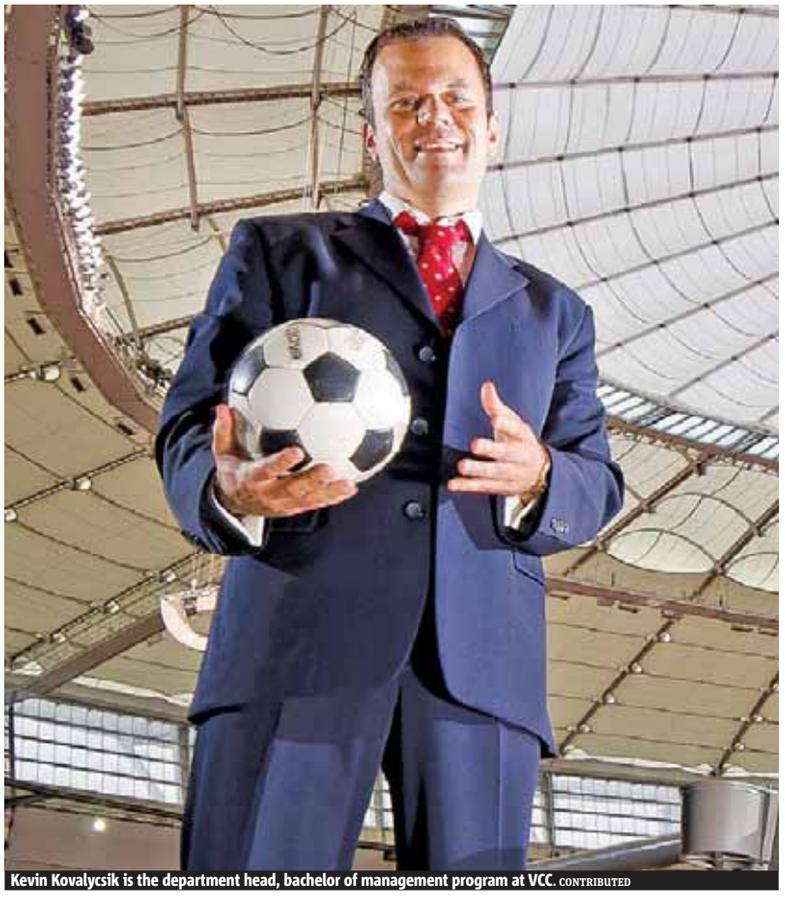


Kevin Kovalycsik is the department head, bachelor of management program at VCC. CONTRIBUTED

VCC. Jump into the world of sports management

DANIEL HENDRIKSEN
For Metro

As part of its continuing studies department, Vancouver Community College (VCC) is now offering a great new program for anyone interested in a career in the world of sports.

Sport management is a three-course program that is designed to teach students about the ins and outs of the business behind sports in the Canadian economy.

"We're talking about a basic introduction into sport management — how to organize these events, how to market events, and then also the ethical issues that we encounter through Canadian society in sport," says Kevin Kovalycsik, department head, bachelor of hospitality management program at VCC.

The program covers a wide variety of sports industry related concepts from the foundations of management, marketing, finance and economics, legal and ethical principles, amateur and professional sport industries, support segments and lifestyle sport and events.

For more information, contact Jennifer Gossen, program co-ordinator, at 604-871-7000, ext. 8670.

Kwantlen online courses may be right for you

Going back to school is the goal for a lot of today's working professionals, whether it be to upgrade or explore new academic interests. However, for a lot of people it can be tough to find the time between having a family and/or working full time.

Kwantlen Polytechnic University's School of Business offers several online courses, which may be an answer to those problems. Students can work at their own pace and do their course work when they have the time. Whether it is in the middle of the night or on lunch break at work — all that's needed is an Internet connection.

Each online course provides the same practical coursework students do in the classroom. The same professors who instruct students in class teach the online courses, and have developed a range of online tools that make the experience feel a lot like interacting in the classroom.

More than 20 online courses are available this fall.

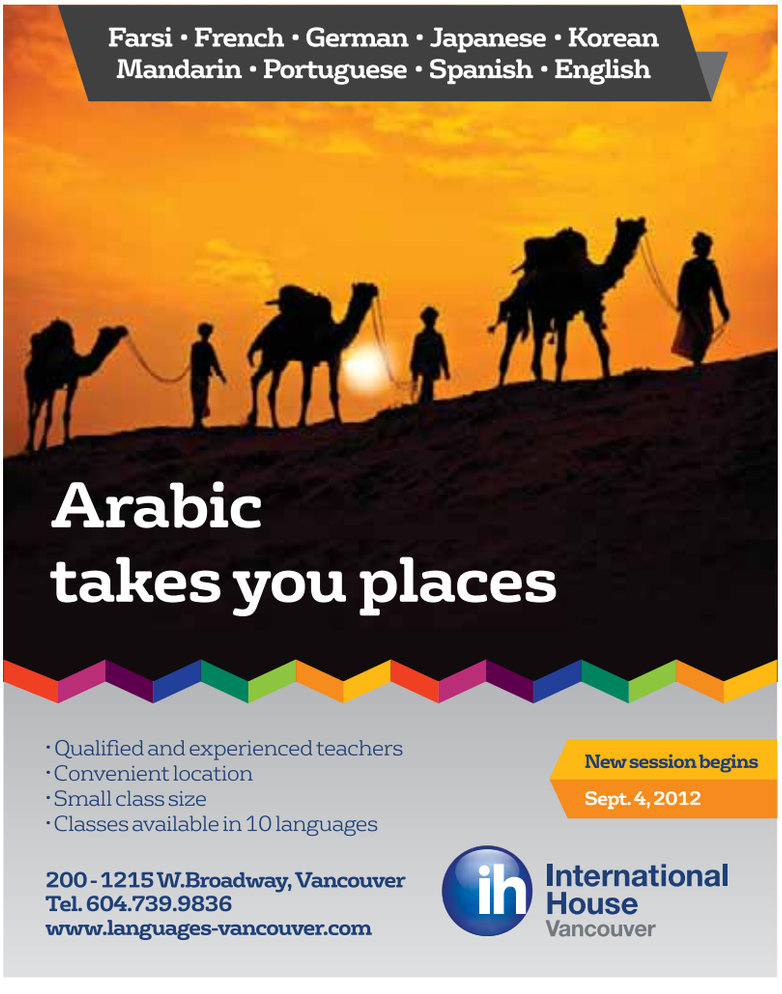
Douglas can help you become a financial planner

It's no secret that a career as a certified financial planner would be rewarding in a variety of ways. If this is something that appeals to you, you may want learn more about a bachelor of business administration in financial services and administration (BBA) at Douglas College.

Douglas is a core curriculum provider (CFP) with the Financial Planning Standards Council — the leading financial services designation in the country. And students who complete the eight CFP core curriculum courses as part of their BBA qualify to write the CFP Level 1 exam.

The best part is the BBA at Douglas can be taken on a part-time basis, so it's perfect for those who are already working or have family obligations.

For more information, go to douglas.bc.ca/programs/bachelor-business-administration.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Learn French by iPhone

DANIEL HENDRIKSEN
For Metro

An interesting new part-time technology-based program is being offered at the University of British Columbia (UBC) this fall. The school's continuing studies department has added learn French with your iPhone to its list of available courses.

With a large number of applications obtainable on iPhones these days, it comes as no surprise that you can now learn a new language using the device with assistance from UBC. Learn French with your iPhone allows students to work together and interact with their instructor while developing linguistic abilities in a fun environment.

In order to enrol in this course, students must have their own iPhone or iPod Touch with a microphone and camera. French beginner 2 or an equivalent is also required as a prerequisite.

The course will be taught over nine sessions on Mondays from 7:30-9:30 p.m. starting Sept. 24, and running until Dec. 3 at UBC Robson Square. The course fee is $340. To learn more or to enrol, call 604-822-0800.

Douglas can get you started in accounting field

A competent accounting department is crucial for the success of any business, making qualified accountants a sought after commodity. Whether you are fresh out of high school or already have a degree and are looking for a change, Douglas College has a way to get you started with one of two accounting programs.

Douglas' accounting certificate is a flexible, part-time program that is designed for those who want to get into the field, but have prior responsibilities. Classes take place in the evenings and weekends, and commence this September, January and May.

The accounting certificate prepares students for a variety of entry-level positions, and allows an easy transition into a diploma program for those looking to further their education.

The post-degree diploma in accounting is exactly what it sounds like. It consists of 10 courses, worth a total of 30 credits, and is aimed at those pursuing job-ready and career-enhancing accounting skills.

The courses are put together with a full-time program structure; however, students may choose to complete the diploma on a part-time basis.

For more, see douglas.bc.ca/programs/accounting.

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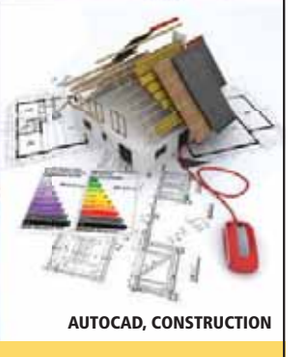

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SPORTS 4

Swing away! Augusta changes stance on female membership

Golf. After 80 years, historic Masters course will finally have women in green jackets

For the first time in its 80-year history, Augusta National Golf Club has female members.

The home of the Masters, under increasing criticism the last decade because of its all-male membership, invited former U.S. secretary of state Condoleezza Rice and South Carolina financier Darla Moore to become the first women in green jackets when the club opens its season in October.

Both women accepted.

"This is a joyous occasion," Augusta National chairman Billy Payne said Monday.

The move likely ends a debate that intensified in 2002 when Martha Burk of the National Council of Women's Organizations urged the club to include women among its members. Former club chairman Hootie Johnson stood his ground, even at the cost of losing Masters television sponsors for two years, when he famously said Augusta National might one day have a woman in a green jacket, "but not at the point of a bayonet."

The comment took on a life of its own, becoming either a slogan of the club's resolve not to give in to public pressure or a sign of its sexism.

"Oh my God. We won," Burk said. "It's about 10 years too late for the boys to come into the 20th century, never mind the 21st century. But it's a milestone for women in business."

Payne, who took over as chairman in 2006 when Johnson retired, said that Rice and Moore were not treated differently from other new members. Even so, he took the rare step of announcing two of the latest members to join because of the historical significance.

Rice, 57, was the national security adviser under George W. Bush and became secretary of state in his second term. The first black woman to be a Stanford provost in 1993, she now is a professor of political economy at Stanford's Graduate School of Business.

"I have visited Augusta National on several occasions and look forward to playing golf, renewing friendships and forming new ones through this very special opportunity," Rice said in a statement released by the club. "I have long admired the important role Augusta National has played in the traditions and history of golf."

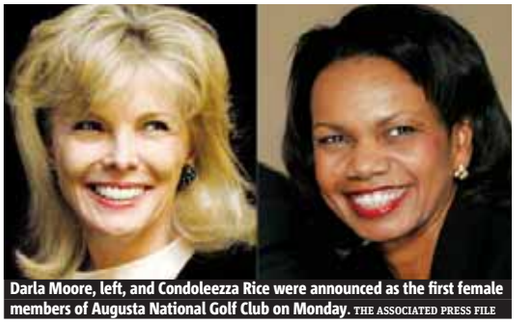
THE ASSOCIATED PRESS

Road to acceptance

A person with knowledge of club operations said Condoleezza Rice and Darla Moore first were considered as members five years ago.

- That would be four years after the 2003 Masters, when Martha Burk's protest down the street from the club attracted only about 30 supporters, and one year after Billy Payne became chairman.

A view of the 15th green during this year's Masters tournament at Augusta. SCOTT HALLERAN/GETTY IMAGES FILE



Darla Moore, left, and Condoleezza Rice were announced as the first female members of Augusta National Golf Club on Monday. THE ASSOCIATED PRESS FILE

Does NHL solution lie in revenue sharing?

An Ottawa-based economic think-tank has a solution to the NHL's labour headaches that fans of small-market teams will love, but owners of the league's cash cows will probably loathe — competitive balance through extensive revenue sharing.

With the league's collective bargaining agreement set to expire Sept. 15, owners have proposed a new deal that includes trimming the players' share of revenue from 57 per cent to 46 per cent. While that approach might ensure even money-losing franchises would break even, Glen Hodgson of the Conference Board of Canada says players would never accept it.

And neither would fans.

"The (average) fan says put some revenue-sharing options on the table as a way to get this done," says Hodgson, the board's senior vice-president and chief economist. "(But) that means rich teams are going to have to give up some money."

The board has published several studies on the pro-sports industry in North America, and earlier this year identified the NFL — where 80 per cent of revenues are shared among 32 teams — as the league offering the best balance of profitability and competitiveness.

TORSTAR NEWS SERVICE

Quoted

"(NFL revenues) are pretty simple to share 32 ways. You carve it up and it's a nice boost to your profits. But (it's more difficult) if you're taking the money out of someone's profits."

Glen Hodgson of the Conference Board of Canada. Hodgson says the NHL's wealthier teams need to determine which is more costly: Losing an entire season's profits every few years to a strike or lockout, or losing a fat fraction of their income every year to maintain labour peace.

Onus on big markets

Hodgson acknowledges that NFL teams share more than $9 billion in annual revenue, including a broadcast deal that pays roughly $4 billion a year.

- In contrast, the NHL's U.S. broadcast deal is worth $200 million annually, meaning revenue sharing would consist of big-time money makers like the Toronto Maple Leafs subsidizing teams like the Phoenix Coyotes.

Mobile sports

His arm still appears strong and he's been able to weather some hard hits, but Peyton Manning and his Denver Broncos have yet to show the ability to pile up the points so far in the NFL pre-season. Scan the code for the story.

Little league baseball

Canada eliminated by Curacao

Christopher Koeiman drove in two runs with a tying sacrifice fly and Mychellon Jansen hit a tiebreaking solo homer as the team from Willemstad, Curacao, eliminated the Canadian representatives from Hastings-Vancouver 4-3 on Monday at the Little League World Series.

Cole Dalla-Zanna was the hard-luck loser for Canada, striking out nine.

"Our pitcher threw unbelievable. I'm not unhappy with the effort, that's for sure," Canadian manager Vito Bordignon said.

Bordignon wants his players to be proud of their showing this year, which included a 13-9 win over formidable Mexico.

THE ASSOCIATED PRESS

CHL

Junior hockey union close to reality

A process that's been more than a year in the making could change the face of junior hockey in Canada forever.

After working in anonymity for almost 14 months, the creation of a Canadian Hockey League Players Association, a de facto union to protect the interests of more than 1,300 junior players, is close to complete.

"We're in the process of making applications to each of the necessary labour boards," CHLPA spokesman Derek Clarke said in an interview Monday.

The CHL consists of 60 teams in the OHL, QMJHL and WHL.

Junior players currently get a $50-a-week stipend — along with room and board.

TORSTAR NEWS SERVICE

NFL

"We are trying to address it, and it was just a lot of horseplay that was taken too far."

Prince Amukamara, the second-year New York Giants cornerback who was thrown into a tub of ice by teammate Jason Pierre-Paul. The club insists that was a football tradition and not bullying.

Horoscopes

♈ Aries
March 21 - April 20
There is no point in working too hard today — in fact it could be counter productive. If you need to burn off some of your excess emotional energy, the best way is through physical activity. Go for a walk.

♉ Taurus
April 21 - May 21
The pace of life will pick up considerably over the next few days, so fasten your seatbelt. Creatively, all things are about to become possible — no goal is beyond you if you want it enough.

♊ Gemini
May 22 - June 21
What you do for other people now, especially for friends and relatives, will determine how things go for you later on. You don't have to be a saint but you do have to realize you are not the only one with desires.

♋ Cancer
June 22 - July 23
There are more than enough unhappy people in the world as it is — don't add to their number. Whatever your problems may be, you are, in fact, one of the lucky few. Shape up and start smiling again.

♌ Leo
July 24 - Aug. 23
Stop looking for reasons to fail and start doing the things that make success more likely. What is your definition of success, exactly? It's not just about money and power. Don't forget spiritual growth.

♍ Virgo
Aug. 24 - Sept. 23
Suddenly you are motivated. Suddenly you want to get out there into the world and make things happen. The Sun's imminent move into your sign will encourage you to believe you have what it takes. And you do.

♎ Libra
Sept. 24 - Oct. 23
According to the planets you are getting close to the point where reality gives way to illusion. Question everything you see and hear today. Most of all, question what your own mind tells you. Can you trust it?

♏ Scorpio
Oct. 24 - Nov. 22
You may not agree with what a loved one is doing but you owe it to them to be supportive. They have assisted you in the past, now you have the opportunity to return the favor. Don't waste it.

♐ Sagittarius
Nov. 23 - Dec. 21
Cosmic activity close to the career angle of your chart makes this the perfect time to push ahead with your ambitions. What is it you want most out of life? What is it you dream of being and doing?

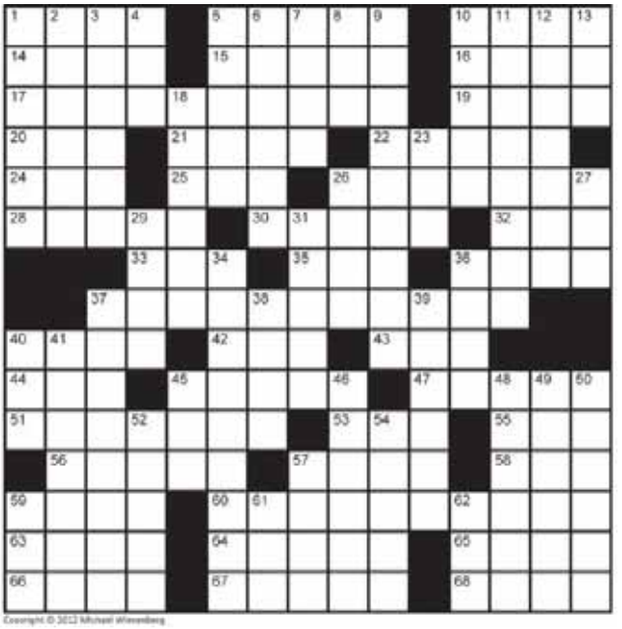
♑ Capricorn
Dec. 22 - Jan. 20
You don't care in the slightest what people think about your words or actions. If they have a problem with any of it, well, that's just too bad. Life is too short to waste time trying to keep everyone happy.

♒ Aquarius
Jan. 21 - Feb. 19
Something has been nagging at your mind for quite a while and will continue to nag until you do something about it. The fact that you have neglected it for so long is irrelevant — it's what you do now that matters.

♓ Pisces
Feb. 20 - March 20
The planets urge you to ignore any and all opposition and to push ahead with your plans. Your critics may be many and vocal but they will soon come around when they see how well you are doing without their help. SALLY BROMPTON

Crossword: Canadian Puzzle

BY MICHAEL WIESENBERG



Across
1. Operatic solo
5. "Sure, I'll handle it!" (2 wds.)
10. Lhasa ___: small dog
14. One of 11-Down: abbr.
15. Slobber
16. Astronaut team
17. Montréal's ___ Seaway (2 wds.)
19. *Elizabeth* star Blanchett
20. Can. neighbor
21. Sharpen
22. Tax month
24. *The Da Vinci Code* director Howard
25. Beatles hit "___ Loser" (2 wds.)
26. Canada's most populous province
28. Break up the romance (2 wds.)
30. Dispatches
32. Ending meaning "kind of"
33. Club ___ :vacation destination
35. ___ Croix, Que.
36. Wagers
37. Northwest ___
40. "Confound it!"
42. Consumed
43. Whirlpool site
44. Serpentine seafood
45. Assent
47. Experiences pain
51. Stampeders home
53. Duo
55. Computer key: abbr.
56. "___ far, far better thing that I do ...": Dickens' *Tale of Two Cities* (3 wds.)
57. "Whole Lotta Shakin' ___ On"
58. Pontiac muscle car of the '60s
59. Russian mountain range or river
60. Grammy and Juno award winning French-Canadian singer (2 wds.)
63. Plummeted
64. School: Fr.
65. About, in contracts (2 wds.)
66. Versified tributes
67. Distributed seeds
68. Beaver projects

Down
1. Allay one's fears
2. Points the finger at (someone) (2 wds.)
3. Vancouver ___: Victoria's location
4. Alias
5. Computer data holder: acronym
6. Stadiums
7. Not one
8. ER worker, for short
9. Poisonous flowering evergreen shrubs
10. Ghana's capital
11. Provinces between BC and 26-Across, familiarly
12. The tunes a band plays at a concert (2 wds.)
13. Be in debt
18. Procol Harum's "A ___ Shade of Pale"
23. Halves of qts.
26. Aware of
27. Cries of insight
29. "... ___a man with seven wives" (2 wds.)
31. ___ Lauder : cosmetics and fragrance brand
34. Hotrod showdowns (2 wds.)
36. Belle's boyfriend
37. Yarn-spinner's forte (2 wds.)
38. Humble response to "Good job!" (2 wds.)
39. "There's an app for that" device
40. Xmas mo.
41. Televised again
45. Small batteries
46. Star: Fr.
48. Provincial capital whose name means "queen"
49. Loud weather phenomenon, as shortened in weather reports
50. Teacakes
52. Underwater breathing organs
54. ___ and dined: treated lavishly
57. Aura
59. Flying saucer
61. "Green" prefix
62. Performed

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

			2		9			
	4						1	
1		6				7		3
		1	9	8	7	5		
6								8
		8	3	6	5	4		
7		3				2		6
	2						4	
			7		1			

Yesterday's Sudoku

1	3	8	7	6	9	2	5	4
6	4	5	3	2	1	9	7	8
2	9	7	4	8	5	1	6	3
7	8	4	1	5	2	6	3	9
3	1	9	6	4	7	8	2	5
5	6	2	9	3	8	7	4	1
8	5	1	2	7	4	3	9	6
4	7	6	8	9	3	5	1	2
9	2	3	5	1	6	4	8	7

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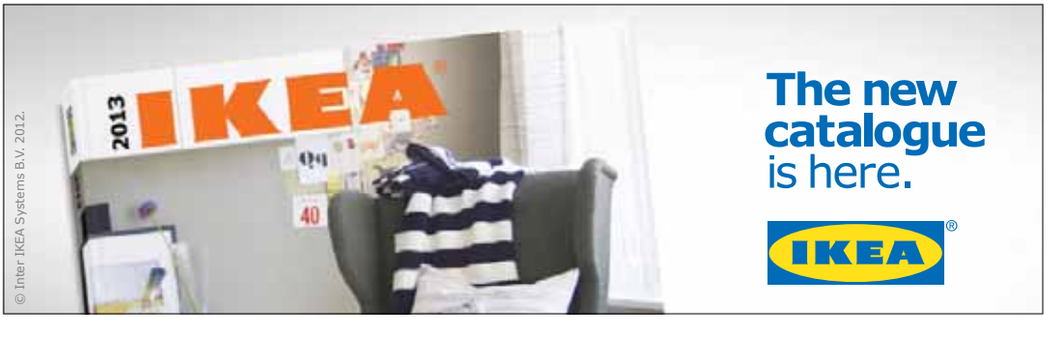

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• Teach kids about money
• Get wet, get fit
HAPPY DAY! Dairy-free & gluten-free b-day cakes, p 60
Wild Garden Bento with Rice and Avocado Caterpillar, p 49
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